

Rosemary-Lemongrass Salt Glow



One of the joys of Christmas is giving gifts that you know people will enjoy. In my view, it's even better if I've made the gift myself. Over the years I've sewed, knitted, and even tried my hand at making jewelry (soon discovered jewelry is best left to those with some experience!). Since I've become an aromatherapist, many of my gifts now revolve around aromatherapy oils and herbs. Last year I made gift bags for my family that contained lip balm, salve, and lotion bars.

If you're ready to share the gift of aromatherapy by making some products yourself, I can help. This post will show you how easy it is to make a salt scrub for gift giving.

Salt scrubs exfoliate the skin and increase blood and lymph

circulation.



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This makes a salt scrub a valuable gift for all of us, and even more so for someone who is not able to exercise due to poor mobility. Exercise is one of the main ways that lymph is stimulated in our bodies, but a salt scrub or skin brushing will also stimulate lymph. Besides the health benefits, salt scrubs smell wonderful and are a pampering experience for your skin.

Enjoy the recipe below and feel free to try your own combinations of essential oils and vegetable oils. *A word of caution: People with seizure disorders should avoid the use of Rosemary. I would suggest lavender instead of the Rosemary, about 15 drops.

Feel free to share a favorite salt scrub recipe you enjoy. Merry Christmas and happy gift giving!

Interested in a hands-on class to learn more about essential oils and aromatherapy? Check out my workshops in the Indianapolis area.



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Rosemary-Lemongrass Salt Scrub

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Ingredients

- 1 cup fine-grain sea salt
- $\frac{1}{4}$ cup vegetable oil (for example: almond, apricot, or sunflower)
- 9 drops Rosemary Essential Oil

- 6 drops Lemongrass Essential Oil

Instructions

1. Pour salt into a bowl and add the vegetable oil. Stir well.
2. Add the essential oils. Stir until evenly dispersed.
3. Store in a glass or PET plastic container.
4. To Use:
5. Use 2-3 times per week. Wet skin. Apply salt mixture, rubbing in a continuous motion over body, avoiding cuts.
6. Avoid the face as salt is too rough for this delicate skin.
7. Rinse off. Follow with a body lotion, cream, or oil.