



## [Sea Salt Scrub Recipe](#)

Instructions and Tutorial Photos found on [AnnsEntitledLife.com](#)

### **Sea Salt Scrub Recipe Ingredients:**

- 8oz Glass jar with a lid (the grapefruit oil can break down toxins in plastic, so steer clear of that.)
- 6 oz. Himalayan Sea Salt
- 2 to 3 oz. Regular Sea Salt (I buy the Morton's brand)
- ½ cup Jojoba Oil
- 10 drops Frankincense Essential Oil
- 8 drops Geranium Essential Oil
- 8 drops Pure Grapefruit Essential Oil

### **Sea Salt Scrub Recipe Directions:**

- In a mixing bowl, add in your pink salt first and remove any lumps (just squash them with your fingers).
- Add in the regular sea salt. It should be thinner in consistency and at all lumpy.
- Mix them together well.
- Add in the Jojoba oil.
- You want the jojoba to coat all of the salt but not have the salt be dripping wet. The jojoba oil is the ingredient that moisturizes your skin but you do not need a ton of it. If the salt is looking super wet, you added too much for the amount of salt. At first, the amount given in this recipe may seem like it will not be enough, but it does spread well all over.
- Add in the frankincense essential oil, the geranium essential oil, and the grapefruit essential oil. The grapefruit essential oil especially is a very thin and runny oil so count your drops out slowly and carefully.

- Mix those into your salts well.
- Add the mixture to a jar.

If you are giving as a gift, you can add a cute ribbon or twine to the jar and a label for an added personal touch.

**Note:** If your jar is larger than 8 oz. just use the ratio above for the salts and jojoba oil to make up the difference. It's does not have to be exact, so do not stress out over it, and just add in a few extra drops of the essential oils.