



ANTHROPOLOGIE

# FREUTCAKE

## Homemade Body Scrubs

### **Lavender Essential Oil- *Relaxation***

Lavender oil has long been used as a relaxant to promote sleep. It has been shown to relieve anxiety, which in turn allows for more peaceful sleep. Lavender oil can help relieve headaches as well. This oil soothes the muscles, promoting relaxation and allowing constricted blood vessels to relax, enabling proper circulation.

### **Rose Hip Essential Oil- *Anti Aging***

The high concentration of vitamin A in rosehip oil promotes increased collagen and elastin in the skin, making skin more supple. Vitamin A, or retinoic acid, is in a natural form that releases slowly and is absorbed by skin cells without the side effects associated with synthetic retinoic acid-type products. Rosehip oil also contains vitamin E, which also fights skin aging. The fatty acids in rosehip oil promote healthy skin cells. A light layer of rosehip oil rubbed directly into the skin may be used to help prevent dry skin and wrinkles and to treat age spots.

### **Sweet Almond Oil- *Softening & Hydrating***

Sweet almonds contain up to 77 percent oleic acid, a form of omega-9 fatty acid. Although sweet almond oil is said to be a moisturizer, it's really more of an emollient because it softens skin rather than hydrates it. However, sweet almond oil acts as a humectant to help prevent the loss of moisture as well.

Sweet Almond oil is also used to relieve dry, flaking and itchy. Sweet almond oil is readily absorbed into the skin without leaving a greasy residue and is suitable for all skin types. Sweet almonds are rich in vitamin E, a potent antioxidant.

### **Dead Sea Salts- *Exfoliating & Detoxifying***

Sea salts have the ability to treat cosmetic skin conditions such as dryness, by moisturizing, detoxifying and softening the skin. Dead Sea salt has also been found to promote cell regeneration. The minerals in the Dead Sea salts have been found to improve blood circulation. Other beneficial responses include a muscle relaxant property.

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### **Homemade Body Scrub- *recipe by Freutcake***

**1 Cup Exfoliate** - Dead Sea salt, turbinado sugar or granulated sugar

**½ Cup Beneficial Oil** - sweet almond, coconut or olive oil

**5-7 Drops Essential Oil** - lavender, rose hip, geranium, or your favorite blend.

**1 Tbsp. Dried Culinary Flowers (optional)** – lavender or rose

#### **Directions:**

In a small bowl mix exfoliate, oil and essential oil until well combined. Add dried flowers if desired and fold in. Spoon into Weck jar or sealed container. Body scrub should last up to a few weeks in the bath.