

SAGE AND GRAPEFRUIT BODY SCRUB

Ingredients

- 2 cups fine sea salt
- 1 cup olive oil
- 1 package of fresh sage (about 4 to 6 leaves)
- 1/2 cup date sugar
- 1 grapefruit (white or red)

Instructions:

1. In a blender, puree together olive oil and sage on high for one minute.
2. Pour mixture into sea salt and date sugar; mix well.



3. Zest all rind off grapefruit and mix zest into salt mixture.

4. In your shower after cleansing, turn water off or away.

5. Take 1 tablespoon of salt scrub (or more if needed) in your hands. Massage and polish all over your body in a circular motion.

6. The natural sea salt is great for detoxifying the body, so allow it to sit on your skin for 1 minute, then rinse with warm water. Your skin will feel amazing!

Keep remaining salt scrub in the refrigerator in between usage. It will last about 14 days.

