



Inner Beauty & Positive Energy

Beauty doesn't come in a jar. It begins on the inside, invisible at first. We transform ourselves with attitude, energy and outlook. The essential oils we use can mirror this transformation. Distilled from the scent of plants, Aura Cacia's essential oils turn into tangible, liquid essences.



Exfoliating Sugar Scrub

- 2 tablespoons sugar
- 1 tablespoon Aura Cacia® grapeseed oil
- 1 tablespoon Aura Cacia® jojoba oil
- 16 drops Aura Cacia® lavender essential oil
- 7 drops Aura Cacia® peppermint essential oil

Mix oils and sugar. In shower or bath, apply the sugar scrub in gentle circular motions. Rinse away sugar with warm water leaving the oils to moisturize, nourish and protect the skin.

Visit www.auracacia.com for more great aromatherapy recipes and valuable coupons.

