

Aura Cacia®



*pure essential oils*



## SKIN-BRIGHTENING BODY SCRUB

### INGREDIENTS:

- 1 packet Aura Cacia Healing Helichrysum Milk & Oat Bath
- 1 tablespoon fresh lemon juice

### DIRECTIONS:

Gradually add 1 more tablespoon(s) of fresh lemon juice to 1 packet of Aura Cacia Healing Helichrysum Milk & Oat bath powder. Stir until a creamy paste forms. Smooth over skin in gentle circular motion. Rinse thoroughly.

### BENEFITS:

Purifying

For more recipes visit [www.auracacia.com](http://www.auracacia.com)

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## PURIFYING PEPPERMINT FOOT SCRUB

### INGREDIENTS:

- 1 packet Aura Cacia Healing Helichrysum Milk & Oat Bath
- 1 bag of peppermint tea leaves
- 1 tablespoon peppermint tea

### DIRECTIONS:

Gradually add 1 more tablespoon(s) of peppermint tea to 1 packet of Aura Cacia Healing Helichrysum Milk & Oat bath powder and peppermint leaves. Stir until a creamy paste forms. Scrub feet in gentle circular motion. Rinse thoroughly.

### BENEFITS:

Purifying

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