

Aura Cacia®



*pure essential oils*



## ULTRA-GENTLE SKIN-NOURISHING CREAMY MILK & OAT FACE MASK

### INGREDIENTS:

- 1 packet Aura Cacia Relaxing Lavender Milk & Oat Bath
- 1 tbsp. pure water, tea or flower water extract\*

### DIRECTIONS:

Gradually add 1 or more tbsp(s). of tea, water or flower water to 1 packet of Aura Cacia Relaxing Lavender Milk & Oat bath powder. Stir until a soft paste forms. Smooth over skin in a gentle circular motion. Allow to air dry for 5 – 15 minutes. Rinse thoroughly. Finish with your favorite moisturizer.

\* We recommend Aura Cacia Lavender Aromatherapy Mist for a deluxe aromatherapy experience.

### BENEFITS:

Nourishing

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

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## SKIN-BALANCING MILK & OAT BODY SCRUB

### INGREDIENTS:

- 1 packet Aura Cacia Relaxing Lavender Milk & Oat Bath
- 1 tbsp. vegetable oil\*

### DIRECTIONS:

Gradually add 1 or more tbsp(s). of vegetable oil such as grapeseed oil or jojoba oil to 1 packet of Aura Cacia Relaxing Lavender Milk & Oat bath powder. Stir until a soft scrub forms. Apply to body in a gentle, circular buffing motion. Rinse thoroughly.

\*We recommend Aura Cacia organic Jojoba, Sweet Almond or Sesame oil for a complete organic experience.

### BENEFITS:

Balancing

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