

Sea Salt Exfoliant

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup almond oil

$\frac{1}{2}$ cup coarse sea salt

Wide mouth mason jar

Combine ingredients into jar, mix well.

Tips:

Gently apply in shower 1-2 times per week, avoiding any open cuts

Rinse off well

Add essential oils for scent if desired

Can be used on face