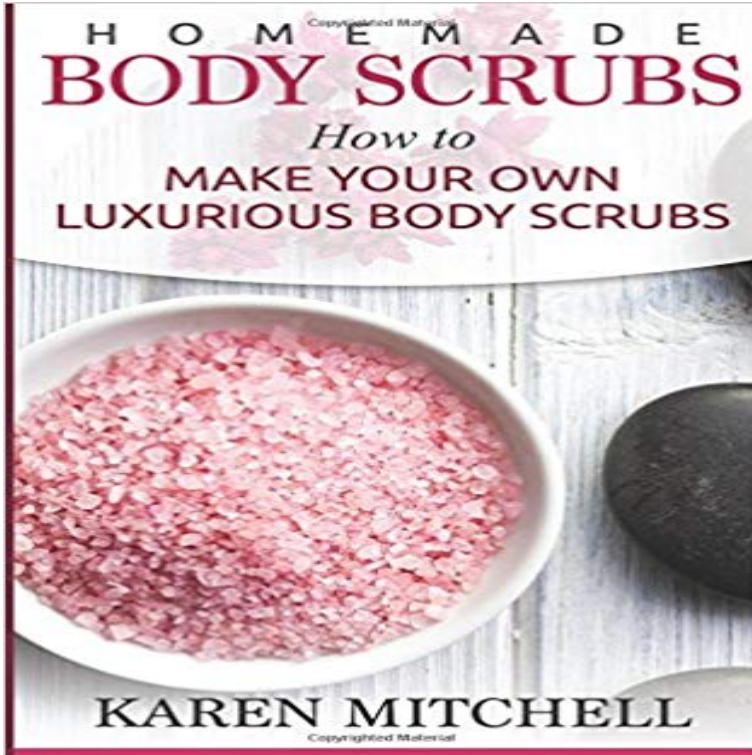


# Homemade Body Scrubs: 30 Organic Body Scrub Recipes For Gorgeous Skin



Body Scrubs: 30 Organic Body Scrub Recipes For Gorgeous Skin Learn How To Make Your Own Homemade Body Scrubs There's nothing better after a long, hard week than packing a day bag and heading off to your favorite spa for a relaxing, rejuvenating body scrub. It can be rough to juggle children, household chores, and your nine-to-five job while still maintaining your allure. Life is an uphill battle, for sure, but taking care of your skin is much easier than you think. It's not a matter of buying the most expensive skin creams or going regularly to the upscale spa across town. It's a matter of using quality ingredients and making your own organic body scrubs, right in the safety of your own kitchen! Homemade body scrubs are one of the best things that you can do for your skin. Not only can it remove dead and damaged skin cells from all over your body, it'll also encourage your skin to repair itself and prevent premature aging. The benefits of using scrubs are numerous, and include exfoliating to remove dirt and unclog skin pores, preventing acne and other skin problems, and even lightening the skin by encouraging new skin cell growth. In addition, you just can't beat the feeling of freshly scrubbed skin. Inside this e-book, you'll find the easiest, most cost-effective body scrub recipes to get the best skin you've ever had, through customizing and creating your very own body care products. The best part about making your own organic body scrubs in the safety and comfort of your own kitchen is that you can choose which vitamins and minerals to add to your body scrubs to maximize their healing effects. Vitamin C can help you reduce acne outbreaks, and vitamin E is well known for helping to make your skin radiant, elastic, and moisturized. By choosing to make your body scrubs at home, you can do the best thing for your body and make healthy, natural body care that doesn't have harmful

additives or chemicals. Inside, you'll learn how to choose the type of scrub that your skin needs—sugar scrubs or salt scrubs, or even coffee, lemon, and oatmeal scrubs. Most of the body scrub recipes inside only require mixing the ingredients together, or occasionally melting oils first before combining. You'll be making your perfect body care in no time with these easy, quick recipes that often contain just the ingredients you already have in your kitchen. These recipes you make can last anywhere between a week and six months, so you can plan to make yourself something special, or make a bunch to gift to friends and family. Have a relaxing night with the Lavender and Mint Sugar Scrub, or get to sleep just a little easier with the Lavender Rosemary Sugar Scrub. Rejuvenate yourself and start your day with any of the coffee scrubs, including the Coffee and Honey Sugar Scrub, the Mint Java Body Scrub, or even the Indulgent Coffee Scrub. Find these and many more recipes for your perfect body scrub inside. Check out some of the body scrub recipes I have prepared for you: Lavender And Mint Sugar Scrub Almond Brown Sugar Body Scrub Honey, Grapefruit And Rosemary Salt Scrub Indulgent Coffee Scrub Mango Paradise Body Scrub Start making your own Homemade Body Scrubs today!

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