

Aura Cacia®



pure aromatherapy

Rejuvenate Your Skin Naturally

The waning winter season has probably wrecked havoc on your skin as well as your emotional state. Take a moment to craft this wholesome and extra-gentle natural body scrub. It will help you nourish winter-weary skin and melt away stress and anxiety.



Calming Lavender & Oat Scrub

1 cup organic rolled oats
 $\frac{1}{3}$ cup cooled tea
27 drops Aura Cacia® lavender essential oil

Pulse oats in blender or food processor until a coarse flour is formed. Mix in the tea and Lavender essential oil to form a creamy paste. Gently apply to skin in a swirling, buffing motion. Rinse with water.

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