

Aura Cacia®



*pure aromatherapy*



## BODY BUFF

### INGREDIENTS:

- 1 cup super fine unrefined sugar granules
- ¼ cup sweet almond oil
- 10 drops ylang ylang essential oil
- 25 drops peppermint essential oil
- 35 drops tangerine essential oil

### DIRECTIONS:

Add essential oils to sweet almond oil then combine with the sugar granules. Apply mixture with gentle circular buffing motion. Rinse.

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