

Aromatherapy Salt Scrub

This recipe makes 12 ounces of salt scrub. Participants can choose either a bright/uplifting blend, or a relaxing/sleepy blend. You can make less or more depending on the number of people in your group, 4 ounces per person is a nice amount for them to try out. Remember you want a bit more space in the jar than the amount you are putting in (recipe for 12 ounces recommends a 16 ounce jar). If using plastic, be sure the containers are PET*. Participants can use these for themselves, or as gifts for others. Jars should be labeled with ingredients and instructions, and can also be decorated as desired.

Ingredients

- 8 ounces of [Pink Himalayan Salt](#) if for hands/body. Brown sugar if for face.
- 2 ounces of Jojoba Wax
- 2 ounces of Coconut Oil
- 16 ounce PET Plastic Jar or Glass Jar (wide mouth is helpful)
- For a bright/uplifting scrub:
 - 30 drops Sweet Orange (*Citrus sinensis*)
- For a relaxing/sleepy scrub:
 - 10 drops of [Chamomile, Roman](#)
 - 15 drops of Lavender (*Lavandula angustifolia*)
 - 5 drops of Cedarwood

Directions

Mix together all ingredients in a 16 oz. PET plastic wide mouth jar (or a glass jar). If making a larger amount for a group, ingredients can be mixed in a large bowl or they can be portioned out per person, depending on the strengths of the participants.

In the shower, tub, or at the sink, use a small handful as a scrub and then rinse off the salt.

Jar can be kept in the shower, by the tub or sink, and used every few days. If they want to use it as a facial scrub, substitute the salt with brown sugar and the rest of the recipe stays the same. Enjoy!

*PET is an inert plastic and does not leach harmful materials into its contents. PET has been safely used for 20 years and has undergone rigorous testing under FDA guidelines to ensure its safety as a food and beverage container suitable for storage and reuse. We selected PET packaging because it is safe, recyclable, and convenient.

Reference:

Recipe adapted by Dr. Gena Bell Vargas, CTRS, CA from: <https://www.aromatics.com/recipe/spikenard-roman-chamomile-sleep-support-salt-scrub>