To use emulsified body polish, follow these steps:

1. **Prep your skin**: Soak in a warm bath or take a rejuvenating shower to soften your skin and open up pores.
2. **Apply the product**: Using a spoon and not wet fingers/hands, Scoop a small amount of body polish into your hands and massage it into your skin. Your product may have preservative to extend shelf life, but additional liquid such as water may shorten the shelf life of the product.
3. **Rinse thoroughly**: Wash off with lukewarm water and pat your skin dry with a soft towel.
4. Followed by applying a Body Butter or Lotion of your choice.