**Dr Marie's Rose Oat Scrub**  
1226 Cheyenne  
Los Alamos, NM 87544  
(505) 709-7795

**Instructions:** Mix 1-2 teaspoons of dry scrub with a small amount of water, start with ¼ teaspoon, to form a paste. Massage into face, then wash off using facial soap.

**Organic Oats** are hydrating and gently exfoliate the skin.

**Organic Rosebuds** hydrate, rejuvenate and moisturize the skin, good source of vitamin C.

**Lavender Flowers** regenerate cells and balance the skin's sebaceous glands. Antibacterial, antifungal.

**French White Clay** absorbs toxins from the skin, improves lymph flow, stimulates circulation, and delivers trace minerals absorbed through the skin into the blood stream. It is high in silica, which is essential for all healing processes in the body, treats dermatological issues such as eczema and psoriasis, and improves the quality and tone of the completion.

**Goji Berries** promote longevity, enhance beauty and support healthy aging.

**Acerola** aids collagen production because of it's high vitamin C content. Acerola acts as an astringent. The bioflavonoids found in acerola play a key part in delaying the signs of skin aging. It moisturizes, tones, firms and protects the skin from capillary fragility and sun damage.

**Green Tea** fights skin cancer by promoting DNA repair. Green tea contains a powerful antioxidant called EGCG that fights DNA damage from UV rays to prevent skin cancer. The catechins in green tea reduce irritation, redness, and swelling.

**Horsetail** is rich in silica, which tightens the skin to prevent wrinkles.

**Coffee** contains an antioxidant that exfoliates, astringes, and closes the pores, protects and increases circulation to draw impurities from the skin.

**Brown Sugar** moisturizes and exfoliates.