

DIY HOME SPA RECIPE



Body Scrub Ritual

EXFOLIATE • NOURISH • GLOW

A luxurious Balinese-inspired body scrub that gently removes dull, dry skin while nourishing your body with tropical goodness. Reveal soft, smooth, glowing skin and renew your spirit with this rejuvenating ritual.

*"Exfoliate your skin,
renew your body,
and glow from within."*



INGREDIENTS

- ♥ 1 cup coarse sugar or sea salt
- ♥ 1/2 cup shredded coconut
- ♥ 1/2 cup coconut oil (melted)
- ♥ 1/4 cup honey
- ♥ 1 teaspoon vanilla extract
- ♥ 1 teaspoon almond oil
- ♥ 5 drops lavender essential oil
- ♥ 5 drops sweet orange essential oil
- ♥ Dried flower petals (optional)



HOW TO MAKE IT

- 1 In a medium bowl, combine the sugar (or sea salt) and shredded coconut.
- 2 Add the melted coconut oil and honey. Stir until well combined.
- 3 Mix in vanilla extract, almond oil, and essential oils.
- 4 Gently fold in dried flower petals if using.
- 5 Store in an airtight jar.



HOW TO USE IT

- 1 Start with clean, damp skin in the shower or bath.
- 2 Scoop a small amount of scrub into your hands.
- 3 Massage onto your body in gentle, circular motions—pay extra attention to rough or dry areas.
- 4 Rinse thoroughly with warm water.
- 5 Pat your skin dry.
- 6 Follow with body butter or oil to lock in moisture.



GRANDMA WENDY'S TIP

For an extra spa experience, use your scrub in the shower before your bath. The warm water opens your pores, allowing the natural oils and minerals to deeply nourish your skin.

You'll feel like you just stepped out of a tropical spa!



BENEFITS

- Exfoliates and removes dead skin cells
- Promotes soft, smooth, and radiant skin
- Improves circulation and skin tone
- Nourishes and hydrates deeply
- Supports lymphatic drainage and detox
- Leaves skin glowing and rejuvenated
- Provides a relaxing, mood-lifting ritual

PERFECT FOR

- ♥ Self-care Sundays
- ♥ Before a special event
- ♥ Vacations and getaways
- ♥ Pampering with a friend
- ♥ Anytime you need a reset!

*You deserve
this beautiful time
for YOU!*



With love,

Grandma Wendy



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♥ Treat your body with love. Your soul will thank you. ♥

