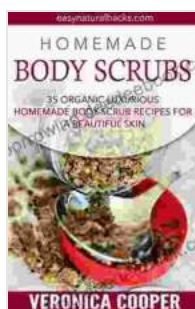


35 Organic Luxurious Homemade Body Scrub Recipes For Beautiful Skin

Indulge in the ultimate pampering experience with these organic and luxurious homemade body scrubs. Treat your skin to a symphony of natural ingredients that will exfoliate, detoxify, and nourish it, leaving you with a soft, smooth, and radiant complexion.



Homemade Body Scrubs: 35 Organic Luxurious Homemade Body Scrub Recipes for a Beautiful Skin (Homemade Body Recipes Book 3) by Veronica Cooper

★★★★☆ 4.8 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 71 pages
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Benefits of Homemade Body Scrubs

- **Exfoliation:** Removes dead skin cells, leaving your skin smooth and glowing.
- **Detoxification:** Draws out impurities and toxins, leaving your skin fresh and revitalized.
- **Nourishment:** Contains nutrient-rich ingredients that deeply moisturize and nourish the skin.

- **Customization:** You can tailor the scrubs to suit your specific skin needs and preferences.
- **Cost-effective:** Homemade body scrubs are much more affordable than store-bought options.

35 Organic Luxurious Homemade Body Scrub Recipes

1. **Coffee and Coconut Sugar Scrub:** Exfoliates and invigorates with coffee grounds, while coconut sugar provides deep hydration.



2. **Honey and Oatmeal Scrub:** Soothes and nourishes with honey, while oatmeal gently exfoliates and absorbs excess oil.



3. **Brown Sugar and Vanilla Bean Scrub:** Exfoliates and softens with brown sugar, while vanilla bean adds a sweet and soothing aroma.



4. **Salt and Almond Oil Scrub:** Exfoliates and detoxifies with sea salt, while almond oil nourishes and soothes.



5. **Avocado and Honey Scrub:** Nourishes and hydrates with avocado, while honey soothes and exfoliates.



6. **Green Tea and Sugar Scrub:** Exfoliates and detoxifies with green tea, while sugar provides gentle exfoliation.



7. **Turmeric and Yogurt Scrub:** Brightens and exfoliates with turmeric, while yogurt soothes and nourishes.



8. **Lavender and Sugar Scrub:** Relaxes and exfoliates with lavender essential oil, while sugar gently removes dead skin cells.



9. **Ginger and Honey Scrub:** Warms and exfoliates with ginger, while honey nourishes and soothes.



10. **Chamomile and Sugar Scrub:** Calms and exfoliates with chamomile, while sugar gently removes dead skin cells.



11. **Apple Cider Vinegar and Baking Soda Scrub:** Detoxifies and exfoliates with apple cider vinegar, while baking soda neutralizes

odors.



**Benefits of
Apple Cider Vinegar
&
Baking Soda!**
A Magical Potion

Digestive Benefits
Boost our digestion and help eliminate digestive issues like GERD!

For Weight Loss
It helps in losing weight by reducing the glucose level in the body by 20%!

For Face
Helps to remove acne and the dead cell off our face to give way to healthy and glowing skin.

For Hair
These two work together to break down dirt and grease in our hair and clean it.

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- Lemon and Sugar Scrub:** Brightens and exfoliates with lemon, while sugar gently removes dead skin cells.



13. **Rosemary and Sea Salt Scrub:** Invigorates and exfoliates with rosemary essential oil, while sea salt detoxifies and purifies.



14. **Mango and Sugar Scrub:** Nourishes and exfoliates with mango, while sugar gently removes dead skin cells.



15. **Blueberry and Yogurt Scrub:** Exfoliates and nourishes with blueberries, while yogurt soothes and brightens.



16. **Pumpkin and Honey Scrub:** Exfoliates and nourishes with pumpkin, while honey soothes and brightens.



17. **Coconut Oil and Sugar Scrub:** Nourishes and exfoliates with coconut oil, while sugar gently removes dead skin cells.



18. **Shea Butter and Sea Salt Scrub:** Exfoliates and deeply moisturizes with shea butter, while sea salt detoxifies and purifies.



19. **Jojoba Oil and Oatmeal Scrub:** Exfoliates and nourishes with jojoba oil, while oatmeal absorbs excess oil and soothes irritations.



20. **Almond Oil and Sugar Scrub:** Exfoliates and nourishes with almond oil, while sugar gently removes dead skin cells.



21. **Olive Oil and Honey Scrub:** Nourishes and exfoliates with olive oil, while honey soothes and brightens.



22. **Avocado and Sea Salt Scrub:** Exfoliates and nourishes with avocado, while sea salt detoxifies and purifies.



23. **Green Tea and Coconut Sugar Scrub:** Exfoliates and detoxifies with green tea, while coconut sugar provides deep hydration.



24. **Turmeric and Honey Scrub:** Brightens and exfoliates with turmeric, while honey nourishes and soothes.



25. **Lavender and Oatmeal Scrub:** Relaxes and exfoliates with lavender essential oil, while oatmeal absorbs excess oil and soothes irritations.



26. **Ginger and Sugar Scrub:** Warms and exfoli



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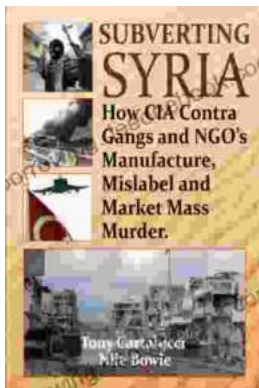
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