

## #6071 Gentle Walnut Body Scrub Unscented

Botanically-derived cleansing agents combined with sea algae extract lift impurities from the surface of the skin while the ground walnut removes dead surface cells. This process encourages new cell production, refines the texture and improves the vibrancy of the skin. Stimulating the skin in this manner also encourages blood circulation to the surface of the skin, which in turn stimulates the lymphatic system.

Ideally, a full body exfoliation should be exercised once a week. You may add other ingredients to this unscented body scrub to create your own custom designed formulas.

To extend and create a new formula – as an example try:

For a single application combine in a small mixing bowl

1 tablespoon of walnut exfoliator

½ teaspoon of unscented shower gel

½ teaspoon of jojoba oil

24 drops of your favourite essential oil or a combination equaling 24 drops.

This product is not designed to be used on the delicate skin of the face and neck.

In the spa - Moisten skin and apply a very small amount to desired areas. Gently massage in circular motions towards the heart. Adding additional water as you go for a creamier effect. Rinse with warm water and pat dry with a soft towel. If facilities permit, following the massage scrub, rinse client with Vichy shower, followed by a warm sauna, finish with a Swedish massage using a gentle oil then wrap client in warm blankets and let them rest.

At home treatment - While in the shower or bath apply a small amount to specific body parts and massage in gentle circular motions towards the heart, adding more water creates a creamier effect. Rinse with warm water and pat dry with a soft towel. Finish with a lotion or body oil of your choice.

Ingredients: water, walnut shell powder, decyl glucoside, sea algae extract, glycerin, aloe vera gel, sweet almond oil, sodium methyl cocoyl taurate, potassium sorbate, citric acid and methylparaben.