

Ingredients

Olive oil

Salt

Essential oil of your choice

Instructions

1. Stir ingredients into a bowl
2. Keep adjusting amount of ingredients until you get the right consistency

Using the Hand Scrub

1. Wash your hands
2. Apply a small spoonful of the scrub on one palm
3. Massage the scrub into your hands, paying attention to any areas which feel tense
4. Take your time and be aware of the sensations you feel and smell
5. Once ready, wash off gently and slowly
6. Dry your hands with a towel
7. Notice and enjoy how soft your hands feel...

Homemade Hand Scrub