



ORGANIC COCONUT OIL BODY SCRUB

Whip up this easy-to-make sugar scrub that will leave skin supple and sweet.

INGREDIENTS

- 2 tablespoons Aura Cacia organic coconut oil
- 24 drops Aura Cacia organic frankincense essential oil
- 24 drops Aura Cacia organic sweet orange essential oil
- 4 tablespoons organic granulated sugar
- 4-ounce Aura Cacia amber glass jar

DIRECTIONS

1. In a mixing bowl, combine all ingredients. Use a fork to mix until well combined and transfer to 4-ounce amber glass jar.
2. To use, apply to skin using gentle, circular buffing motions, rinse with warm water and pat dry.

Caution: *If irritation occurs, discontinue use.*

Aura Cacia.



LAVENDER AVOCADO HAIR MASK

Skip your bottled conditioner and give your hair a luxurious lavender and avocado treat.

INGREDIENTS

- 2 tablespoons Aura Cacia organic coconut oil
- 48 drops Aura Cacia organic lavender essential oil
- 1 ripe avocado
- 1 tablespoon olive oil

DIRECTIONS

1. Warm coconut oil until liquefied.
2. In a mixing bowl, combine all ingredients. Blend well with a mixer or whisk until smooth and creamy.
3. To use, apply mask to hair, working in sections from the ends upward. Leave on hair for 30 minutes, then shampoo and condition as usual.

Caution: *If irritation occurs, discontinue use.*

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