

Peppermint Scrub

3 tbsp. Organic Bladderwrack Powder
3-4 drops Peppermint Essential Oil
¼ c. Sea Salt
¼ c. Extra Virgin Olive Oil

Blend ingredients in a glass bowl. Massage into skin once daily for best results. Rinse in warm water and apply cool splash to tighten pores.

Dr. Oz's Healthy Skin Scrub

2 tbsp. Organic Bladderwrack Powder
1 c. Sugar (white, brown, cane)
5 tbsp. Coffee grounds
¼ c. Almond Oil or Extra Virgin Olive Oil
1 tsp. Peppermint Extract
1 tsp. Vanilla Extract

Blend all ingredients. Rub and massage the mixture where desired. Allow to sit 5-10 mins. before rinsing in a warm shower. Cool splash to tighten pores.

Coconut Oil Scrub

1 c. Epsom Salt
1 c. Coconut Oil
3 tsp. Organic Bladderwrack Powder

Massage into wet skin, let set 5-10 mins. Rinse with warm water. Apply cool splash to tighten pores.

Brown Sugar Scrub (great for sensitive skin)

2 tbsp. Brown Sugar
2 tbsp. Honey
2 tsp. Organic Bladderwrack Powder
3 drops of Lavender Oil

Blend ingredients. Massage into damp skin in a circular motion, leave for 10 mins, rinse with warm water. Apply cool splash to tighten pores.

Green Tea Sugar Scrub

1 ½ c. White Sugar
2 tsp. Green Tea Powder
2 tsp. Organic Bladderwrack Powder
2 'Green Tea' Bags
1 c. Coconut Oil

Open the green tea bags and empty green tea leaves and set aside. In separate bowl, add white sugar, green tea powder, organic powder, and lastly loose leaf tea leaves. Mix all ingredients. Slowly add coconut oil until all mixture is covered with oil. Apply sugar scrub where desired. Rinse in warm shower. Cool rinse to tighten pores.

Oatmeal Scrub (great for dry skin)

2 tbsp. Oatmeal (not quick or instant)
2 tbsp. Coconut Oil
3 drops Geranium Oil
2 tbsp. Organic Bladderwrack Powder

Blend all ingredients. Apply to face in a circular motion. Let set 15 mins. Rinse with warm water, apply cool splash to tighten pores.