

DIY Skin Scrubs

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Dr. Oz's Healthy Skin Scrub

2 tbsp. 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 minutes before rinsing in a warm shower. Cool splash to tighten pores.