

**Strawberry Hand & Foot Exfoliant**

Instructions:

Mix all ingredients together and smooth onto hands and feet. Rinse and dry.

Ingredients:

- 1 tablespoon of coarse salt (such as kosher salt or sea salt)
- 2 tablespoons of apple cider vinegar
- 8-10 strawberries


**Chocolate Face Mask**

Ingredients:

- 2 teaspoons of cocoa powder
- 1/2 cup honey
- 2 tablespoons of coconut oil
- 2 tablespoons of heavy cream
- 1/2 cup cocoa

Instructions:

Skin

This decadent mask is an excellent moisturizer—it leaves your skin baby soft. Recommended for normal skin.


**Frozen Pomegranate Honey Facial Mask**

Instructions:

Mix all ingredients together and smooth onto face. Relax for 10 minutes. Then wash off with warm water.

Ingredients:

- 2 teaspoons of orange peel powder
- 1/2 cup honey
- 2 tablespoons of coconut oil
- 2 tablespoons of heavy cream
- 1/2 cup cocoa


**Beet Red Lip Gloss**

Ingredients:

- 1 tablespoon of pomegranate seed oil
- 1/4 cup of jojoba oil (can substitute sesame oil)
- 1/2 cup of essential oil (can substitute lip balm)

Instructions:

Leave overnight. Remove from beet mask. Store in jar. At desired color, add as much beet juice as desired. Add as much beet juice as desired. Add as much beet juice as desired. Add as much beet juice as desired.
Water rosemary hair for dry hair

Ingredients:
- 1 cup water
- 2 large handfuls of fresh water rosemary
- 1 cup honey
- 4 cups of dry red wine

Instructions:
In a blender or food processor, blend water rosemary and water until well blended. If you have long hair you may need to use 2.

Red wine & honey bath

Ingredients:
- 1 cup of honey
- 4 cups of dry red wine

Instructions:
Add wine and honey to bath.

Grapefruit sugar scrub

Ingredients:
- 1/4 cup liquid castile soap
- 1/4 cup jojoba oil
- 8 drops grapefruit essential oil
- 1-2 cups white sugar

Instructions:
Mix all ingredients together. Take a not shower to

Coffee body scrub

Ingredients:
- 2 tablespoons massage oil
- 1/2 cup raw sugar or sea salt
- 2 cups coarsely ground coffee

Instructions: