

DIY MILK & ALMOND SCRUB

Pamper yourself with this gentle, at-home scrub, made from pantry staples.

INGREDIENTS

Prep Time: 5 Minutes

1/2 cup Almond Flour
3-4 tablespoons Milk (Soy, Oat or Dairy)
1 teaspoon honey
Drops of Essential Oil, like Lavender,
optional

DIRECTIONS

1. Add all ingredients to a medium bowl and combine to form a paste. Gently massage on face and neck in a circular motion for 15-30 seconds.
2. Rinse off with warm water and lightly pat face dry. Moisturize your skin to finish. Use exfoliating scrub once per week if your skin can tolerate it.