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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Make Your Own Brown Sugar Body Scrub**

**By Kenia**

**Make Your Own Brown Sugar Body Scrub**

by: **Kenia**

Ingredients:

1/2 cup of brown sugar

1 spoon of orange oil or half a fresh squeeze orange

1 spoon of vitamin E oil

Steps:

Mix brown sugar, orange oil/juice, and vitamin E oil on a bowl.

Get on tub and get wet.

Take a handful of mixed ingredients and scrub in a gentle circular motion.

Rinse off and apply a moisturizing lotion to re-hydrate skin.

Kenia Morales is the publisher of online magazine

<http://kpatra.com>

"For Every Aspect of Today's

Woman. Visit her site to find a variety of women related issues and topics".

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## Are You Sugar Scrubbing Yet?

By Carrie Lauth

### Invigorating Lemon Sugar Scrub

Ingredients:

1 cup of sugar ½ cup of extra virgin olive oil 1 tsp lemon juice 3 - 5 drops of peppermint essential oil

Combine all ingredients to form a paste. Rub it into your skin in a circular motion and rinse.

Tip - For a calming sugar scrub, replace the peppermint essential oil with lavender or rosemary oil.

### Almond Grapefruit Sugar Scrub

Ingredients:

1 cup of sugar ½ cup of almond oil 5–10 drops of grapefruit essential oil

lotions and using different essential oils.

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