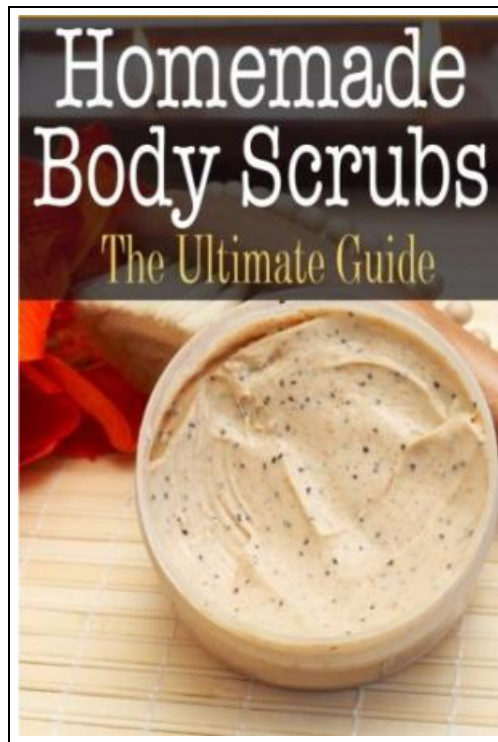


Homemade Body Scrubs: The Ultimate Guide



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(Felicia Heidenreich)

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* The Ultimate Body Scrub Guide * Body scrubs exfoliate and cleanse the skin by removing the top layer of dead skin cells. This allows moisturizers to penetrate the skin more deeply, and leaves the skin feeling smoother. All body scrubs contain natural ingredients, including a granular exfoliant, but this also leaves room for customization depending on your skin type. For the best results, use your body scrub no more than once or twice a week. We have collected the most refreshing and best selling recipes from around the world. Enjoy! - Health Benefits - Benefit #1 - Skin Glow One of the biggest benefits to body scrubs, is the glow that your skin is left with. There are different grades of salt, and sea salt is the best option for a salt glow. The results for your body will depend on the type and grade of salt you or your spa technician uses. Benefit #2 - Exfoliating It might seem like an obvious benefit to mention, but body scrubs are a great way to exfoliate dead skin cells. This paves the way for fresh new cells to regenerate and leaves you looking and feeling fabulous. Planning a body scrub for exfoliating benefits is best in the fall and spring, right before you start to tan and when your tan starts to fade. Of course, exfoliating is great any time. If you have sensitive skin, it's best to stick with sugar or herbal body scrubs. Otherwise, salt scrubs are great for exfoliation. Benefit #3 - Increasing Flow When you get a body scrub or give one to yourself, you are encouraging the natural flow of circulation...

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