



Feed your skin – workshop recipes from Nellie at Santé www.santebeauty.co.nz

Oat exfoliant

- ▶ Grind up oats in a coffee grinder or food processor.
- ▶ Add liquid (water, milk or apple cider vinegar) just enough to create a paste.
- ▶ Rub gently in a circular motion to freshly rinsed skin.
- ▶ Do not use if you have a gluten allergy. If you have food intolerances avoid those ingredients in your personal care products.

Hair mask

- ▶ Mix of any of the following ingredients:
honey, oils, avocado, essential oils, apple cider vinegar.
- ▶ Apply to damp hair (not soaking) and leave for 20 minutes or longer if possible.
- ▶ Rinse out and wash as normal.

Bath salts

- ▶ Mix equal amounts of rock salt and epsom salts. Optional: You can add essential oils to salt mix or to bath water once salts are mixed in.
- ▶ Draw a warm bath (not hot. This can damage the skin). Sprinkle salts into bath and they will dissolve into the bath water

Coffee body scrub

- ▶ You can simply rub used coffee grounds over your body in the shower. May even give a little colour to your skin!
- ▶ Optional to add oil and essential oils for scent. But coffee has natural oils (this is how it gives an instant fake tan) and a lovely strong smell (great for morning showers to wake you up!).
- ▶ If using on the delicate facial skin be very, very gentle as the grounds (or any harsh scrub) can rip the skin.