



Fresh Ginger Raspberry Body Polish

A fresh scrub for all-over body care

This recipe makes about one pint (enough for a full body treatment)

Ingredients

- 6 ounces fresh organic raspberries
- 2 inch knob of fresh ginger root
- 16 ounces of plain, organic Greek yogurt
- 1/2 cup White Kaolin Clay
- 1-2 cups Himalayan Pink Salt, Fine
- 10 drops Peppermint Essential Oil

Directions

1. Rinse the raspberries well in cold water. Blot them gently on a towel to dry off any excess water.
2. Chop the ginger into small chunks.
3. Transfer the berries, ginger, and yogurt to a food processor and blend until smooth.
4. Combine the pureed yogurt mixture with the Kaolin Clay, mixing until smooth and free from lumps.
5. Add the Himalayan Pink Salt, followed by the Essential Oil, and mix well.

Usage & Packaging

This is a fresh recipe, therefore it should be used immediately. This formulation is not suited for long term storage, and is not shelf stable. Leftovers should be stored in a clean, airtight container in the refrigerator for no more than five days.

To use, apply directly to the body, on arms, legs, back, and belly. This formula is too rough for facial use. It should not be used on the face or on any other sensitive areas. Leave the mask on for about ten minutes. Gently massage the mask on your skin in a slow, circular motion. Remove the remaining mask by rinsing with lukewarm water. Follow with your favorite moisturizer or body oil.

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