Cucumber body scrub
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This refreshing body scrub is perfect to make at home to exfoliate the skin and stimulate the senses.

Directions

1. In a blender, whizz together the cucumber and fresh mint leaves
2. Combine in a bowl with the rest of the ingredients
3. Decant into a jar
4. Gently massage into damp skin, avoiding delicate areas
5. Finally, wash off thoroughly

Top tip

Use once a week to exfoliate or if areas such as elbows and feet have rough skin, use a little more regularly.

Ingredients (Serves 1)

- Almond Oil* - 20ml
  Moisturising
- Organic Virgin Coconut Oil* - 10ml
  Nourishing
- Rose Absolute Essential Oil* - 8 drops
  Traditionally used to help hydrate and cool
- Peppermint Essential Oil* - 3 drops
  Traditionally used to help improve circulation
- Organic Lime Essential Oil* - 1 drop
  Energising
- Organic raw brown sugar - 50g
  A natural exfoliator
- Fresh mint leaves - 2 stems
- Cucumber - ¼

Recipe by Suzanne Colston-Lynch, Head of Training & skincare expert at Neal’s Yard Remedies

*Available in Neal’s Yard Remedies stores and online at nealsyardremedies.com