

# DIY: Lemon Pink Salt Body Scrub JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 cup pink salt (aka Himalayan rock salt)
- 1/3 cup of your choice of oil\*
- juice of 1 lemon

## Instructions:

1. Juice one fresh lemon
2. Measure out sea or rock salt into a medium sized bowl
3. Add the lemon juice
4. Add the oil of your choice and mix all the ingredients together

## Notes:

\*I used MCT oil because it is essentially liquid coconut oil. But you could also use sweet almond oil, extra-virgin olive oil or any other liquid oil of your choice.