

THE CULINARY

Playground



Cinnamon Vanilla Salt Scrub

2 Tablespoons Salt
1 $\frac{1}{2}$ Tablespoons Vegetable Oil
 $\frac{1}{2}$ Teaspoon Cinnamon
 $\frac{1}{2}$ Teaspoon Vanilla

Combine all ingredients in a small bowl.
Using fingers gently massage onto dampened feet or hands for a few minutes.
Rinse skin with cool water and pat dry.

*The salt will exfoliate your skin, cleaning off the dead cells,
while the oil hydrates your skin leaving it soft.*

Oatmeal Facial Scrub

2 Tablespoons of oatmeal
2 Tablespoons brown sugar
1 Tablespoon milk
1 Tablespoon honey
1/2 Tablespoon extra virgin olive oil

Blend oatmeal in a food processor until lightly ground - only a few pulses are needed. Combine ground oatmeal and remaining ingredients in a bowl. Let mixture sit for 5 minutes in the bowl until oatmeal becomes soft. Using your fingers, apply paste to your face, gently massaging it for 2 minutes. Rinse with warm then cold water.

- This scrub will exfoliate as well as soften and moisturise your skin!
- Honey can control and reduce breakouts, it has great moisturizing properties and has antiseptic qualities that can reduce scars and encourage wound healing.
- In addition to being a great exfoliant, oatmeal is packed full of healing amino acids, and it's hypoallergenic and moisturizing.