



Wellness with Rose
PERSONAL NUTRITION CONSULTING

MINERAL HAND AND FOOT SCRUB

Quick Care For Hands and Feet

A quick face scrub will give your hands and feet the care they need in a short amount of time.

Ingredients:

½ cup of olive oil
Natural Sea Salt

1. **Mix** olive oil and natural sea salt
2. **Massage** into your hands and feet
3. **Leave** a few minutes to soak
4. **Rinse** off with warm water



Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.