



Wellness with Rose  
PERSONAL NUTRITION CONSULTING

# HOMEMADE ORANGE SCRUB

Orange away your dryness today!

Experience a soothing and natural treatment for dry skin on heels, knees, and elbows by using a fresh and fragrant orange.

## Ingredients:

1 organic orange (any type of orange will work)

½ cup of raw organic sugar

½ cup of grape seed oil (for normal to oily skin) or olive oil (for dryer skin)



**1. Start** by getting 1 organic orange (any type of orange will work). Cut the orange in half and gently squeeze one half into a bowl to release its juices.

**2. Add** ½ cup of raw organic sugar and ½ cup of grape seed oil (for normal to oily skin) or olive oil (for dryer skin) with orange juices and stir to combine.

**3. Using** the other half of the orange, gently scrub the exposed side over any dry spots on the body including knees, elbows, and feet. Follow with the orange scrub to remove dead skin.

**4. Rinse** 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.