



Wellness with Rose
PERSONAL NUTRITION CONSULTING

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Scrub A Dub Dub Cleanser

Materials Needed:

- Empty jar
- ¼ cup water
- ½ cup distilled white vinegar
- 2 cups baking soda
- 8-10 drops of the essential oil

How To:

Combine all ingredients in a clean jar, stir to combine. Scoop over a wet surface, and rub with a wet cloth. Rinse. For an added cleaning punch, use hot water.

Green Goodness Tip:

For a sudsy experience, use another jar and make a second soft scrub using a plant-based liquid soap. Leave it in your shower to take care of soap scum!

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.