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**Welcome Spring With a DIY Citrus Skin Glow Scrub**

By: Mindy Terry

I love spring; it's my favorite season. After a long, sleepy, and miserably cold winter, there's hope that warm, sunny days lie ahead. I love the blossoms and the woody smell of new life.



Spring is the perfect time to shed the dead, dry layer of skin cells that has accumulated over the harsh winter months. This Citrus Skin Glow Scrub, with its refreshing scent and bright color, will sweep away the old, allowing fresh, smooth skin to emerge.

**Citrus Skin Glow Scrub**

**Ingredients**

- 1 small lime
- 1 cup granulated sugar
- 2 tbsp. honey
- 1/8 cup sweet almond oil
- 1/8 cup jojoba oil
- 7-10 drops essential oil of lemon grass
- 3-6 drops essential oil of sweet orange

**Directions**

Cut the lime in half and squeeze the juice from both halves into a bowl. Set aside the halves. Add the sugar and honey to the bowl. Saturate the mixture with the sweet almond and jojoba oils. Blend the mixture with a small spoon or spatula until smooth, adding a little more of the oils if needed. Add lemon grass oil and sweet orange oil and mix well. Use a small grater to zest the peel of the lime halves over the mixture and stir. Store in a clean plastic, glass, or tin container.

To use, apply a small amount of the mixture to wet skin in a warm shower. Scrub gently in circular motions. Rinse. Lightly pat the skin dry and follow with your favorite moisturizer to enhance the benefits.

Image: iStockphoto



**With 17 years in the spa industry, Mindy Terry is the Founder and President of Creative Spa Concepts. Terry is also a licensed cosmetologist, aesthetician, yoga instructor, and certified infant massage instructor.**

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