

“Give me  
a Mandy  
Mum!”



## **AUSSIE MANDARIN BODY SCRUB (NOT FOR FACE)**

**THIS TREATMENT SMOOTHS, REFINES  
AND HYDRATES THE SKIN SURFACE**

### **INGREDIENTS**

**The zest of ½ an Aussie Mandarin**

**2 teaspoons of Aussie Mandarin juice**

**1 cup of rolled oats/raw sugar/sea salt**

**1 cup of olive oil or yoghurt  
(non-flavoured, natural)**

### **METHOD**

Combine all ingredients in a bowl, whisk together for three minutes or until all ingredients are evenly combined.

Apply a 50 cent coin size amount of mixture to body (starting with your legs) in circular motions working towards the heart. The circular motion also assists in detoxifying the body.

Massage the skin for 5-10 minutes.

Rinse off in the shower and moisturise with your favourite body cream.



**Aussie Mandarins**