

HOW TO USE The Essentials Set

Step 1: Scoop Scrub

Use the wooden spoon to scoop out a small amount of your scrub.

No fingers -we're keeping things fresh!



Step 2: Apply

Gently massage onto damp skin in circular motions.



Step 3: Sit

For extra glow, leave on for 2-3 minutes.



Step 4: Rinse

Rinse off thoroughly with warm water and pat dry.



HOW TO USE The Essentials Set

Step 5: Oil Time

Place a few drops of your oil into your palm and warm it between your hands.



Step 6: Apply

Massage onto skin using gentle, upward strokes.



Step 7: Seal with Shea

Warm a small amount of your shea butter between your palms, then smooth over your skin to lock in moisture.



For best results: Use scrub 2-3 times per week. Oil and shea butter are best used daily, morning and night.