

# 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.



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### ***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.*