

Salts and Sugars

Sea Salt	<p>Exfoliates the skin. While regular skin cleansing is clearly beneficial, exfoliating on a regular basis -- once or twice a week for mild exfoliation, once or twice a month for more intense treatments -- can improve the results of your skin care routine and help rejuvenate your skin. Whether you have dry, normal, oily or sensitive skin, exfoliation can bring new life to your complexion.</p> <p>If you've had a pedicure, then you're familiar with the benefits of exfoliation. Foot calluses can develop due to daily pressure from workouts, walking and wearing those truly fashionable, but less-than-comfortable shoes that you adore. But after a little apricot scrub and a session with a pumice stone, your feet can feel soft, smooth and sandal-ready. While you wouldn't employ the exact same methods on your face, or even your arms and legs, the rest of your body certainly can benefit from a little exfoliating.</p>
Epsom Salt	<p>Draw toxins out of the skin, and relax the blood vessels, which can lower your blood pressure.</p>
Dead Sea Salt	<p>Exfoliates the skin, relieve skin ailments such as eczema, acne, and psoriasis.</p>
Brown Sugar	<p>Brown sugar is a natural humectant that is great for moisturizing the skin while exfoliating. It has also been known to fade dark spots, as well as prevent and treat acne by removing whiteheads and blackheads.</p>
White Sugar in a scrub	<p>Sugar exfoliates the skin and makes it smoother. Exfoliation also removes excess oil from the skin and reduces the chances of acne breakouts.</p>

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