

Rosemary Powder

Description: Light olive green powder

Application: Scrubs, body powders, hydrotherapy, body wraps, masks, muds

Benefits: Contains vitamins A and C. Has mild astringent effect. Believed to help mental clarity. Used in China as an analgesic and to help stimulate muscles.

Usage:

- Mud/mask/lotion/manicure soak use $\frac{1}{4}$ tsp per 2 Tbs of base.
- Rosemary facial mask: $\frac{1}{4}$ Rosemary Powder to $\frac{3}{4}$ White Kaolin Clay.
- Bath poultice: $\frac{1}{4}$ cup.

Note: Does not dissolve well in carrier oils.