

Time to Get those Feet and Elbows in Shape

Sea Salt & Sugar Scrubs

We know we are still in winter mode, but February is a suitable time to start getting those feet in order for the spring and summer. Let's get rid of those ashy heels! This product is good for men and women.

The abrasive action associated with salt scrubs **invigorates the skin and helps to improve circulation**. Improved circulation gives skin a natural glow. Scrubbing with salt also helps to remove bacteria from the skin and unclog pores

Another benefit of adding salt to a body scrub is that **the minerals within the salts help by reducing inflammation, improving circulation, improving skin texture, and tightening the skin at the same time**. The mineral content is both therapeutic and relaxing at the same time.

Sugar Scrubs

Sugar is a popular ingredient for body scrubs because it has round edges on the granules, which means that it doesn't cut the skin. If you are making the scrub for your face, then you should choose sugar instead of salt. Also, sugar is a better option for people who have sensitive skin.

By using a less-abrasive ingredient, you can buff the skin without causing too much irritation. The drawback is that sugar doesn't have the same mineral content found in salt, so you don't get all of the health benefits that are available from salt scrubs.

One of the benefits of sugar scrubs is that the sugar will dissolve easily in hot water and it also melts with heat. So, it doesn't leave the skin feeling as coated or grimy. Sugar doesn't dry out the skin, so it's a good option for people who have naturally dry skin.

Salt Scrubs

Salt has sharper edges than sugar, which means that these scrubs are more abrasive. If your skin is rough and needs to be smoothed, then you might consider salt instead of sugar. Additionally, when these scrubs are made with sea salts, the minerals in the salt are beneficial to remove impurities from the surface of the skin.

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If you are removing rough skin from your feet or elbows, then a coarse salt can be used. These coarse granules are effective to work away the calloused skin in order to uncover the softer skin underneath. These coarse scrubs are very abrasive, so they shouldn't be used every day. Also, it is best to avoid using them on softer, sensitive skin.

Just Jameen has a Sea Salt Scrub made with finer grain of sea salt to reduce the abrasiveness but still render the same affect. In 2023 we will be re introducing our Brown Sugar Scrub (before Mother's Day) and an more abrasive option for those that need that heavy blend. Our scrub have Epsom Salt in them and can be use as an oil sit bath product as well. Visit our website and see our sea salt demo at <https://justjameen.com/video.aspx>

For this month of February order our sea salt scrub and get **15% off**. You will also receive two (2) free ½ Body Butter or Creamy Shea with your order Please make sure you go to the Sea Salt Scrub Special Box on our website at www.justjameen.com

In addition, those that order in February will receive ½ off our Brown Sugar Scrub when we introduce it. You will be notified via email when it is ready for sales.

Look for the Just Jameen Pamper Events in 2023.

The properties of some of our ingredients are below:

Dead Sea Salt

So what is so special about the salt existing in the Dead Sea? The Dead Sea salt is **rich in essential minerals like magnesium, calcium, sulfur, bromide, sodium, potassium, and iodine**, which have been proved in research as beneficial to the body and particularly to the body's skin, hair, and nails

Tropical sea salt

Tropical sea salt (fine) harvested from the pristine waters of the Pacific Ocean. This clean 100% natural tropical sea salt makes an excellent scrub, also works well with fragrance/essential oils for use in body treatments.

Epsom Salt

Epsom salt is used to **relax muscles and relieve pain in the shoulders, neck, back and skull**. For example, by relaxing the muscles surrounding your skull, the magnesium in Epsom salt may help release a headache or migraine. This benefit can also aid sore muscles in the recovery period after a workout

Grapeseed Oil

Grape seed oil is a vegetable oil derived from the seeds of grapes. A by-product of the winemaking industry, it is typically used for edible applications. Read the Just Jameen Blog on Grapeseed Oil

<https://justjameen.com/blog-lets-talk-about-grapeseed-oil.aspx>

Sunflower Oil

Sunflower oil is the non-volatile oil pressed from the seeds of the sunflower. Sunflower oil is commonly used in food as a frying oil, and in cosmetic formulations as an emollient. Sunflower oil is primarily composed of linoleic acid, a polyunsaturated fat, and oleic acid, a monounsaturated fat.

Just Jameen can add the scent of your choice into your sea salt Scrub and select scents in your Brown Sugar Scrub. The most popular are:

- *Fresh Linen*
- *Eucalyptus & Peppermint*
- *Lavender*
- *Lavender Mint*
- *Black Coconut*
- *Unscented*
- *Lick Me All Over*