

FemiMist Bird Song Salt Scrub  
Pink Himalayan Sea Salt & Dead Sea Salt Sea Salt

Mineral Salts provide an array of trace minerals that nourish the cellular system & skin. Body absorbs nutrients while simultaneously exfoliating dead skin cells.

Increase cellular metabolism & renewal, helping to increase moisture retention & bring products further into the skin to be more effective due to exfoliation.

Often sea salts from the Earth contain bromide which eases muscle cramps, are anti-inflammatory, ph balancing & detoxifying.

Medicated Oils of Periwinkle & Damiana in organic avocado oil  
Periwinkle

Damiana Leaf; *Turnera diffusa*

A wild shrub that grows in Mexico, C. America, West Indies & South Africa (Namibia)  
Benefits of Damiana Leaf anti-depressant, generally, believed to be an aphrodisiac. boosting and maintaining mental and physical stamina. Damiana contains chemicals that may positively affect the brain and nervous system.

Periwinkle; *Vinca minor (Lesser Periwinkle) & Vinca rosea (Madagascar Periwinkle)*  
found in Greater Europe & Madagascar

Benefits of Periwinkle astringent, infections, inflammation, relieves insect bites & wasp stings.

Essential oils of Cedarwood

Bringing people together to experience the strength & value of community.  
People in need of cedarwood may struggle to form bonds within social groups. Often due to over- developed sense of individuality. Rather than allowing community, family, friends to support them, they live in excessive self-reliance.

Flip side is an individual's challenge forming social roots stemming from feeling disconnected/ separate from humxn family.

Cedarwood inspires feeling of belonging & assists the heart in opening to receive love & support from others. This invites the strong-willed individual to couple the strength of individuality with the supportive power of community. Life is a shared experience.

**Caution::** Be mindful that the oil will stick to shower & bath surfaces making it slick upon exiting & for the next use. I recommend rinsing basin immediately after using salt scrub to avoid slipping.

Rusty Moon Botanicals  
Return to the Earth