

Cicco. Body Care

*Honoring Your Microbiome
and Mother Nature*



Salt Scrubs

Many commercial cosmetic products use microplastic beads for exfoliation. Among other things, sea salt boosts hydration & absorption of nutrients, is high in mineral content which nurtures energy levels, encourages cellular regeneration, stimulates circulation, aids in extraction of toxins from the body, promotes clearer skin and assists in preservation. Salt scrubs help to remove dead skin, increasing circulation and encouraging healthy regeneration of cells. Using a salt scrub before soaking will encourage the slough off of dead skin cells, promoting properly functioning, glowing skin.



Gently massage scrub on skin starting with feet, moving upward to encourage healthy circulation and lymphatic flow. Apply just enough pressure to create friction with the skin.



Salt scrubs are more abrasive than sugar scrubs because the granules are more angular. They are wonderful at removing thicker areas of dead skin located on feet, knuckles, elbows and legs and help prevent the development of ingrown hairs.



Scrubs will make the shower/bathtub slippery due to the oil content.

“Your Body Is Your Temple.
Keep It Pure And Clean For The Soul To Reside In”
- B. K. S. IYENGAR