

# UH Whole Foods Market Community Day

## Lavendar Handscrub Recipe

### Ingredients:

- 1/4 cup Himalayan sea salt
- 1 tbsp. Raw honey
- 2 tsp. Dried lavender
- 2 tsp. Lime or lemon juice
- 1/2 tsp. Chamomile oil (or olive oil)
- 5-10 drops Lavendar essential oil
- 15 drops Grapefruit seed extract



### Method:

1. Add all of the ingredients into a small bowl. Mix well to combine.
2. Using an applicator, such as a wooden popsicle stick, apply the mixture to hands.  
*Not using your hands will prevent the introduction of bacteria and extend the shelf life of the scrub.*
3. Rinse well with water.

**p:** 832.842.9051 **w:** [uh.edu/sustainability](http://uh.edu/sustainability) **e:** [sustainability@uh.edu](mailto:sustainability@uh.edu)  
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# SUSTAINABILITY MEETUP

EXPLORE · CONNECT · ENGAGE

6 to 7:30 p.m.  
Tuesday, Sept. 1, 2015  
HBSB 186

**Featuring: Bruce Race, FAIA,**  
*FAICP, PhD, director of the UH Center  
for Sustainability and Resilience*

**Theme: Resilience**

Food & drinks will be served.  
RSVP: <http://bit.ly/septmeetup>

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