

## **LOVE STARTS IN THE KITCHEN – THE BEST DOCTOR IS THE COOK!™**

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All the rage now, exfoliants (which remove dead skin cells from the skin) and scrubs have been used for centuries. Ginger is astringent and healing. Jojoba oil is most like what your own cells produce. Remember, using organic ingredients from **Susan's Natural World** makes this exfoliant better than anything you could get at an expensive spa!

### **GINGER LIME SALT GLOW EXFOLIANT**

1/4 cup fresh chopped ginger root, peel left on

1/2 cup fine sea salt

Juice of one or two limes

1/4 to 1/2 cup warm vegetable oil (avocado, apricot kernel, sunflower, safflower, almond, jojoba, grapeseed, etc.)

Place ginger root and salt in food processor blender and process as smooth as you like. Add enough lime juice and oil and process until a soft but gritty paste forms. Use to exfoliate hands, feet and rough spots on elbows, massaging into skin with gently circular motions. Rinse with warm water, spiked with squirts of lime. Do not use on face

### **Tips from Rita's kitchen:**

**When using salts for exfoliants, I like to use sea salt for its purity and minerals.**

Sea salt is formed from surface evaporation, naturally, while most table salts are made by vacuum pan evaporation.

### **READ RITA!**

**My books *Gifts without Ribbons, Culinary Herbs that Heal Body and Soul, The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Susan's Natural World**

### **RITA'S YUMMY BREAD BLENDS!**

**Buy them at Susan's Natural World.**

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**Rita Heikenfeld**