



WALK THE WORLD

Tip sheet

- Apply scrub to wet skin, or moisten scrub with a little organic nut oil or water to create a paste.
- Use as poultice to draw out boils, carbuncles or pimples. Spread moistened WALK THE WORLD into a thin cloth (like muslin) and place over boil for 5 - 10 minutes a few times a day. This will help bring it to the surface. Use warmed oil or water for added effect. Then wash well, and apply a natural antiseptic ointment.
- Place WALK THE WORLD onto with nailbrush to use on fungi infested nails.
- Use 3- 4 dessertspoons as a body scrub and soak in the bath as a detoxifying experience.
- Use WALK THE WORLD as part of nourishing pampering session for your partner, mum, friend etc.
- Use as scrub for dirty gardening hands.
- Massaging right foot then the left, gently helps with gastric emptying.
- Avoid any cuts as salt will make them sting.
- Avoid use on face, as some essential oils can irritate sensitive skin.
- Discontinue use should any irritation occur.
- Not suitable for pregnancy because of essential oil content.