

LOOK BOOK



Napa Scrubs

Napa Scrubs is a superlative line of handmade bath products -- sugar scrubs, salt scrubs, soaks, bath teas, bath salts and other delightful goodies. Whatever you need to create a luxurious, indulgent spa experience in the privacy of your home.after a hard day scrubbing.

P.S. Men love to scrub too.



Namaste with love....

**Peggy Usak 707-815-6499
peggyusak@aol.com**



Yountville Days 2015



Camomile Orange Sugar Scrub

Say "No" to wrinkles! Orange peel has powerful anti-oxidants to fight off free radicals that damage and age your skin. The abundant Vitamin C works as a toner, removes dead cells and tightens pores. C also adds a beautiful glow to your skin. Camomile is very effective in soothing skin irritations and helps fight acne and breakouts. This is a great scrub for softening, nourishing and healing your skin from deep inside. Who wouldn't want that?



**Namaste with love...
Napa Scrubs
Handmade in Napa**

**Ingredients: sugar, organic grapeseed oil,
orange zest, dried camomile flowers, orange essential oil.
Napa Scrubs 707-815-6499**



Lemon and Mint Sugar Scrub

Cheer up! Life is short. Let lemon and mint lift your mood and promote a sense of wellbeing. Sugar has been used since ancient times to cleanse and exfoliate the skin. Plus, sugar is very soothing and gentle on the skin. The coconut oil serves to moisturize and improve skin texture. And lemon loves your skin. It has antibacterial qualities and the citric acid helps even skin tone. The mint is simply amazing. Make a cup of mint tea to enjoy in the bath. Also, finding a lemon seed means you'll have good luck all day long.



**Namaste with love...
Napa Scrubs
Handmade in Napa**

**Ingredients: sugar, organic coconut oil,
lemon zest, lemongrass essential oil,
organic mint leaves
Napa Scrubs
707-815-6499**



Rose Eucalyptus Sugar Scrub

The rose is revered as one of the most precious flowers in history. They are a helpful ally for overall health containing phenomenal amounts of Vitamin C. And eucalyptus is a powerful healant especially for colds and the treatment of wounds. This rose and eucalyptus scrub will create a bright spot in anyone's day. Keep your heart open and think positive, happy thoughts. That's actually half the secret of this scrub.



Namaste with love...
Napa Scrubs
Handmade in Napa

**"That which we call a rose by any
other name would smell as sweet."
William Shakespeare**



**Ingredients: Organic sugar, organic grapeseed oil, canola oil,
olive oil, roses, eucalyptus and rose essential oils.**



Lavender Sugar Scrub

Lavender's blue, dilly, dilly
Lavender's green
When you are king, dilly dilly
I shall be queen.

Lavender is magical and is best known for its calming and relaxing properties. Give yourself some TLC. Use this fantastic scrub to relax mind and body for a great night's sleep. You'll love the touch of Russian sage and rose petals. And from Napa, what else but grapeseed oil. Nitey nite.



**Namaste with love...
Napa Scrubs
Handmade in Napa**



Ingredients: organic sugar, lavender essential oil, lavender buds, olive, canola and grapeseed oils plus a few rose petals.

**Napa Scrubs
707-815-6499**



Men love to scrub too!



Cedarwood and Sage Salt Scrub

Like a hike in an alpine forest, cedarwood is woody, bright, fresh and energizing. The oil is antiseptic and helps to heal skin irritations. It also repels insects and mosquitoes. And did you know that King Solomon used cedarwood to build his temple? Ancient cultures believed sage to be the key to long life. Sage also is an excellent natural deodorizer. Scrub up, guys! Get your sweetie to help.

Namaste with love....

Napa Scrubs

Handmade in Napa



Ingredients: Organic sea salt, olive oil, almond oil, sage, cedarwood and sage essential oils.

Napa Scrubs 707-815-6499



Bay and Juniper Salt Scrub

In ancient Greece, laurel also known as bay, was made into wreaths and awarded to victors both in athletic competitions and also poetic meets. In Rome, they were symbols of military victory and in modern usage it refers to victory. In motor sports, guess what the winners at Le Mans and Indianapolis wear? Come on, guys, no "resting on your laurels". Oh, and, P.S., today the best known use of juniper berries is to flavor gin.

Namaste with love....

Napa Scrubs

Handmade in Napa

707-815-6499



Ingredients: Organic sea salt, olive , grapeseed and canola oils, bay leaves, juniper berries. lemon essential oil.



Lavender Mint Bath Salts

Next time you jump in the shower, consider swapping it for a marvelous soak instead! Great health benefits include stress relief, improved skin hydration, an aid to sleep, better circulation, a stop to cold symptoms and much, much more.



Rub a dub dub. Everybody in the tub!

Ingredients: Sea salt, Epsom salt, baking soda, lavender, mint, lavender and mint essential oils.

**Napa Scrubs
707-815-6499**



**Namaste with love,
Napa Scrubs
707-815-6499**



BATH SALTS

TANGERINE

Brighten the darkest, coldest, rainiest days of winter with fantastic spirit- lifting tangerine. Lots of Vitamin A and C with their anti-aging properties. Tangerine essential oil has anti-fungal and antiseptic properties. And all those marvelous salts work wonders on the skin



**Namaste with love,
Napa Scrubs
707-815-6499**



Ingredients: Sea salt, Epsom salt, baking soda, tangerine rind and essential oil.

**Napa Scrubs
707-815-6499**



BATH SALTS

EUCALYPTUS SAGE and LEMON



Great for ailing joints or for opening up nasal or sinus congestion, eucalyptus oil is also a beauty treatment, eliminating dry skin and making it so soft. Lemon has super nutrients for the skin and sage has the essential antioxidants protecting against free radicals. To say nothing of all those wonderful healing salts. And it smells great.



Ingredients: Sea salt, Epsom salt, baking soda, lemon zest, eucalyptus and lemon essential oils and just a touch of sage.

**Napa Scrubs
707-815-6499**

Wrinkles and aches begone!!!

**Namaste with love,
Napa Scrubs
Handmade in Napa**



**BATH SALTS
CEDARWOOD CITRUS**



If it's Saturday, it must be bath night. Why not swap your shower for a marvelous soak instead! Great health benefits include stress relief, improved skin hydration, an aid to sleep, better circulation, a stop to cold symptoms and much more. The freshness of the citrus combined with the cedarwood's earthiness creates a wonderful scent that appeals to both men and women alike.

Rub a dub dub. Everybody in the tub!

**Namaste with love,
Napa Scrubs
707-815-6499**



**Ingredients: Sea salt, Epsom salt, Himalayan pink salt, baking soda, grapefruit and cedarwood essential oils
Napa Scrubs
707-815-6499**



Stress-Relieving Foot Soak Lemongrass and Mint

Feet work hard. They support the body's weight and can suffer from dry skin and muscle soreness. Pour 1/4 cup of footsoak into a basin of hot water. Add feet. Ahhhhhhh! Ions in the salts draw out toxins. Pain and stiffness are relieved and the body's calm and balance are restored. Baking soda aids dry skin and eliminates odor. Essential oils are anti-viral, anti-fungal and just plain delightful.



**Namaste with love...
Napa Scrubs
Handmade in Napa**

Ingredients: Sea salt, Epsom salt, baking soda, organic lemongrass and mint, lemongrass and mint essential oils.

Herbal Facial Steamers



FACIAL STEAMING



Steaming was a very important part of the beauty regimen of women of ancient Greece and Rome. Today facial steaming is done in almost every hi-end spa and estheticians and avid spa-goers understand its benefits, but you can skip that bill and do your own at-home steam. Simply, steaming is a deep cleansing method that dilates the skin making it easy to remove embedded dirt, blackheads and grime from the pores. After a long day of scrubbing, you'll appreciate a steam. Here are the steps:

1. Bring a teakettle or pot of water to a boil. You only need a few cups of water to do a proper steam. Boil the water on the stove or in the microwave.
2. Wash your face to removing any surface makeup and dirt. This is a must because your pores will be open don't you don't want anything on your face to get inside and cause irritation. Then gently pat your face dry with a towel.
3. Pour the water into a bowl (not plastic) and set it on a folded towel . Part of the facial experience is to add some beauty to your day, so if you have a pretty bowl on hand, use that one! But if you're really in a hurry, just use the pot you boiled the water in.
4. Add your Napa Scrubs Herbal Facial Steamer. This makes it truly special!
Lemongrass and peppermint are energizing. Chamomile and lavender are relaxing. Peppermint and eucalyptus are cold-conquering. Green tea is a universal ingredient for all skin types due to its wonderful antioxidant effect.
5. Hold your face over the steaming water draping a towel over your head. Close your eyes and breathe deeply allowing the heat to do its work. Ten minutes is plenty. Don't steam for too long or get too close to the water.
6. After you're finished, rinse your face in fresh water. Time to close up your pores. Using a toner will help your face look fresh and clear. Great natural toners are lemon juice and apple cider vinegar -- try them out!
7. The final step is to apply your favorite moisturizer to keep your face hydrated. Or maybe use a face-softening oil like coconut oil, jojoba oil or argan oil.

Dry Exfoliant



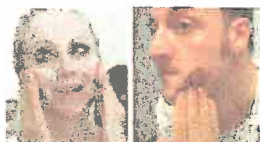
A facial scrub or exfoliation is essential to your skin regimen for several reasons. First, it deeply cleanses the skin, dislodging buildup in the pores and helping to break up debris. It also smoothes and refines the skin's texture giving it a soft, supple look. And lastly, it promotes circulation in the face.

Twice a week before you go to bed, splash warm water onto your face and scrub. Exfoliating brushes have become very popular but be sure to keep a close eye on how your skin reacts to this tool and do not use a brush if you see irritation or redness.

To use our dry exfoliant, take two or three tablespoonfuls and put it into a small bowl. Add one tablespoon of water. Or you can just mix it in the palm of your hand.

Instead of water, you may want to try lemon juice which will help to tighten and firm the skin. Or you may select an oil to mix into your exfoliant. Some oils you might enjoy include coconut, almond, olive, tea tree, grapeseed or jojoba oils. Mix together until it is a slightly thick paste. Using your fingers or a rag, gently rub it on your face using circular motions.

When you're done, rinse your face well with warm water and then splash your face with cold water to close the pores. Gently pat your face dry with a clean towel.



Namaste with love
Napa Scrubs
Handmade in small batches

707-815-6499



Eucalyptus Milk Bath

Moisturize and soften your skin while you relax in the tub. Cleopatra was definitely on to something with her daily milk baths! The natural lactic acid is a mild exfoliant and the Vitamin E helps slow the aging process. Pour one cup under hot running water. Throw the tea bag in the tub. Relax. Meditate. Baking soda softens the skin. Cornstarch relieves itchy dryness. Eucalyptus oil is so refreshing and there's a few rose petals too.



**Namaste with love....
Napa Scrubs
Handmade in Napa**

**Ingredients: Powdered milk product,
cornstarch, baking soda, eucalyptus
essential oil, rose petals, Russian sage
Napa Scrubs
707-815-6499**



BATH TEAS

Nothing soothes the soul like a good soak. Throw the whole bag in the tub. Lie back, relax...

for at least 20 minutes. Salts to naturally detoxify and improve skin texture.

Herbs to soothe and heal. Citrus to uplift and promote a sense of well being.

Bath Tea



Citrus Rose

Contains Epsom salts, French sea salt, Himalayan pink salt, roses, grapefruit essential oil.

Bath Tea



Lavender, Rose, Camomile

Contains Epsom salts, Himalayan pink salt, lavender buds, rose petals, camomile flower buds, lavender essential oil.

Bath Tea



Rosemary Mint

Contains Epsom salts, rosemary, mint, green tea, dried orange peel, sea salt, rosemary essential oil.

Bath Tea



Green Tea and Orange

Contains organic green tea, Epsom salts, dried orange peel, orange essential oil.

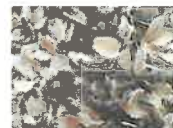
Bath Tea



Rosemary Lemon

Contains Epsom salts, lemon peel, rosemary, rosemary and lemon essential oils.

Bath Tea



Oatmeal Lavender

Contains oatmeal, Epsom salts, lavender buds, lavender essential oil.

Handmade in small batches.
For additional information:
707-815-6499

Namaste with love
Napa Scrubs



What do I want one of these for?

How about.....

- Gift tags
- Momentos
- Stocking stuffers
- Party favors
- Just because





Sweet Dreams Eye Pillow

- ...Ease stress and tension.**
- ...Sooth and rejuvenate.**
- ...Rest, relax and recharge.**
- ...The epitome of pampering.**
- ...A wonderful aid for meditation.**

Contains organic flaxseed and the nation's finest lavender. Lavender is a natural relaxant and the flax provides the slightest bit of acupressure. See you in the morning. Namaste with love.



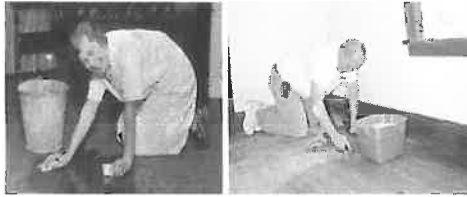
**Napa Scrubs
Peggy Usak 707-815-6499
website under development**



DAMMIT DOLL

When you think you want to climb the walls
And stand right up and shout,
Here's a little dammit doll you cannot do without.
Just grasp it by the legs and find a place to slam it.
And as you whack its stuffing out, yell,
"dammit! dammit! dammit!"

NAPA SCRUBS



Handmade in Napa

Sugar Scrubs	All sugar scrubs \$15.00
Orange Camomile	
Lemon Mint	
Rose Eucalyptus	
Lavender	
Salt Scrubs	All salt scrubs \$15.00
Cedarwood and Sage	
Bay and Juniper	
Men love these.	
Bath Salts	All bath salts \$12.00
Lavender Mint	
Tangerine	
Eucalyptus, Sage and Lemon	
Cedarwood Citrus	
Stress Relieving Foot Soak	
Lemongrass and Mint	\$15.00
Herbal Facial Steamer	\$ 8.00
Dry Exfoliant	\$ 10.00
Eucalyptus Milk Bath	\$15.00
Bath Teas	\$ 4.00 each
Package of 6 assorted bath teas	\$ 20.00
Lavender Sachets	\$ 4.00
Heartfelt Hearts	\$ 5.00
Eye Pillows	\$12.00
Dammit Dolls	\$12.00