

# 20

RECIPES *for*

# SEAWEED POWDER

WRAPS, MASKS & SCRUBS YOU CAN MAKE AT HOME!



**lalune**  
*naturals*

# Olive Oil and Seaweed Cellulite Scrub

A natural exfoliant, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

## Ingredients

3 tbsp La Lune Naturals Seaweed Powder  
1/4 cup sea salt  
1/4 cup olive oil  
Drop of essential oil

## Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



# Seaweed and Greek Yogurt Anti Aging Mask



La Lune Naturals Seaweed Powder is a fabulous natural product for your face! It helps with exfoliation, opens clogged pores and removes toxins from your skin. Want that dewy glow to your skin? Seaweed Powder contains high traces of key vitamins and minerals that nourish your skin.

## Ingredients

3 tablespoon greek yogurt  
1 teaspoon La Lune Naturals Seaweed Powder  
1 teaspoon honey

## Directions

1. Place 3 tablespoons of plain greek yogurt into a small dish. Add powdered Kelp, stir well.
2. Add honey and stir until all ingredients are blended into a smooth consistency.
3. Cleanse face, apply mask all over face, neck and shoulder area. Massage lightly.
4. Leave on for about 5 to 10 minutes. Remove with a warm washcloth. Use a toner on a cotton ball for complete removal. Apply moisturizer as usual.



# Fast Acting Cellulite Seaweed Wrap

Seaweed wraps are often used as expensive detoxifications and cellulite wraps in spas. But with La Lune Naturals, you can do a simple wrap at home, get the same results—but at a fraction of the price!

## Ingredients

- 1/2 Cup La Lune Naturals Seaweed Powder
- 3-4 Tablespoons of Your Favorite Oil
- 2-4 Drops Essential Oils (Optional)
- Warm Water
- Plastic Wrap
- Towels
- A shower curtain (Optional)

## Directions

Mix together La Lune Naturals Seaweed Powder, oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



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# Lemongrass Seaweed Scrub



The anti-inflammatory and tightening properties of lemongrass oil make it a natural fit for the perfect cellulite scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

## Ingredients

3 tbsp La Lune Naturals Seaweed Powder  
1/4 cup sea salt  
1/4 cup olive oil  
A few drops of lemongrass essential oil

## Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.

# Lavender and Rosemary Seaweed Wrap

Enjoy the fast acting effects of a seaweed cellulite wrap with the relaxation properties of lavender oil.

## Ingredients

1 Cup La Lune Naturals Seaweed Powder  
2 drops of Lavender essential oil  
1 drop of Rosemary essential oil  
3 tablespoons (45ml) of Almond Oil or light Olive Oil  
Warm Water  
Plastic Wrap  
Towels  
A shower curtain (Optional)



## Directions

Mix together the La Lune Naturals Seaweed Powder, oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.

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# Lavender Seaweed Scrub



The soothing, calming effects of lavender oil will make you fall in love with this seaweed scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

## Ingredients

3 tbsp La Lune Naturals Seaweed Powder  
1/4 cup sea salt  
1/4 cup olive oil  
A few drops of lavender essential oil

## Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.



# Detoxifying and Toning Seaweed Mask

A detoxifying seaweed mask at a spa can cost up to \$65 or more! Make this simple, refreshing mask at home using a powerful ingredient: La Lune Naturals Seaweed Powder.

## Ingredients

2 tbsp. La Lune Naturals Seaweed Powder  
1 tbsp. Aloe Vera gel  
3-4 tbsp. Distilled water

## Directions

Mix 2 tablespoons of La Lune Naturals Seaweed Powder with about 3-4 tablespoons of water. Mix until you have a paste consistency.

Add Aloe Vera gel.

Mix everything together.

Apply to face and leave on for about 15-20 minutes. Remove with warm water and pat your face dry.

Follow up with a moisturizer.



**Here are some of the wonderful benefits of this simple mask:**

- High in vitamins and minerals
- Tone and moisturizes the skin
- Soothes inflamed skin
- Opens up clogged pores
- Removes toxins from the skin



# Citrus Seaweed Scrub



The anti-inflammatory and tightening properties of lemongrass oil make it a natural fit for the perfect cellulite scrub! In addition, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

## Ingredients

3 tbsp La Lune Naturals Seaweed Powder  
1/4 cup sea salt  
1/4 cup olive oil  
A few drops of sweet orange essential oil  
A few drops of lemon essential oil

## Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.

# Soothing Citrus Seaweed Wrap

Enjoy the fast acting effects of a seaweed cellulite wrap with the relaxation properties of lavender oil.

## Ingredients

1 Cup La Lune Naturals Seaweed Powder  
2 drops of Sweet Orange essential oil  
1 drop of Lemon essential oil  
3 tablespoons (45ml) of Almond Oil or light Olive Oil  
Warm Water  
Plastic Wrap  
Towels  
A shower curtain (Optional)

## Directions

Mix together the La Lune Naturals Seaweed Powder, oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



# Carrot Seed and Aloe Anti Aging Mask



Carrot seed oil is an amber-colored oil that is extracted from carrot seeds. It's great for dry, sun-damaged, mature, or wrinkled skin, making it a perfect addition to a seaweed mask!

## Ingredients

- 1 Tablespoons of La Lune Naturals Seaweed Powder
- 2 Tablespoon of Warm Water
- 1 Tablespoon of Aloe Vera Gel
- A Few Drops of Honey
- 5 Drops of Carrot Seed Essential Oil

## Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

# Rosemary and Almond Seaweed Wrap

Enjoy the fast acting effects of a seaweed cellulite wrap with the relaxation properties of lavender oil.

## Ingredients

1 Cup La Lune Naturals Seaweed Powder  
3 drops of Rosemary  
3 tablespoons (45ml) of Almond Oil or light Olive Oil  
Warm Water  
Plastic Wrap  
Towels  
A shower curtain (Optional)

## Directions

Mix together the La Lune Naturals Seaweed Powder, oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.





# Aloe Vera Citrus Anti Aging Mask



Seaweed is also known to help repair damaged skin cells, helps protect the skin from free radical damage, fight skin inflammation and irritation. Because of its nutritional properties, and the 54 trace elements found in seaweed, this amazing ocean wonder has been said to help slow down the aging process of the skin.

## Ingredients

1 Tablespoons of La Lune Naturals Seaweed Powder  
2 Tablespoon of Warm Water  
1 Tablespoon of Aloe Vera Gel  
A Few Drops of Honey  
5 Drops of Sweet Orange Essential Oil

## Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

# Carrot Seed Oil Seaweed Wrap

Carrot seed oil is an amber-colored oil that is extracted from carrot seeds. It's great for dry, sun-damaged, mature, or wrinkled skin, making it a perfect addition to a seaweed wrap!

## Ingredients

- 1 Cup La Lune Naturals Seaweed Powder
- 3 drops of Carrot Seed Oil
- 3 tablespoons (45ml) of Almond Oil or light Olive Oil
- Warm Water
- Plastic Wrap
- Towels
- A shower curtain (Optional)

## Directions

Mix together the La Lune Naturals Seaweed Powder, oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.



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# Rosemary Seaweed Anti Aging Mask



Seaweed is also known to help repair damaged skin cells, helps protect the skin from free radical damage, fight skin inflammation and irritation. Because of its nutritional properties, and the 54 trace elements found in seaweed, this amazing ocean wonder has been said to help slow down the aging process of the skin.

## Ingredients

- 1 Tablespoons of La Lune Naturals Seaweed Powder
- 2 Tablespoon of Warm Water
- 1 Tablespoon of Aloe Vera Gel
- A Few Drops of Honey
- 5 Drops of Rosemary Essential Oil

## Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

# Almond Oil and Seaweed Cellulite Scrub

A natural exfoliant, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

## Ingredients

3 tbsp La Lune Naturals Seaweed Powder  
1/4 cup sea salt  
1/4 cup almond oil  
Drop of essential oil

## Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.





# Tea Tree and Aloe Vera Anti Aging Mask



Tea tree oil is great for oily and sensitive skin. For acne sufferers, this oil is known to be as effective as benzoyl peroxide but without the harsh side effects. Perfect for a refreshing mask!

## Ingredients

- 1 Tablespoons of La Lune Naturals Seaweed Powder
- 2 Tablespoon of Warm Water
- 1 Tablespoon of Aloe Vera Gel
- A Few Drops of Honey
- 5 Drops of Tea Tree Oil

## Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

# Sandalwood Oil Seaweed Wrap

Sandalwood essential oil is helpful and suitable for most skin types, but is particularly helpful for acne, eczema, cracked and chapped skin, making it a perfect addition to a seaweed wrap!

## Ingredients

1 Cup La Lune Naturals Seaweed Powder  
3 drops of Sandalwood Essential oil  
3 tablespoons (45ml) of Almond Oil or light Olive Oil  
Warm Water  
Plastic Wrap  
Towels  
A shower curtain (Optional)



## Directions

Mix together the La Lune Naturals Seaweed Powder, oil and water until your desired consistency. It should be mud like, but not watery. After mixing, you can add the essential oil if you would like.

Standing in the shower or over a towel will help avoid making a mess. Apply mixture to your entire body, from the waist down. Once applied, you can wrap areas of your skin with plastic wrap. Having someone help with this will make it easier, especially for the torso.

Once wrapped, lie down on a towel and apply another towel over the top of you to keep warm. If you have a blanket you don't care much about, feel free to get under the covers to encourage sweating. Sweating can help further detoxify your skin.

After 20 to 30 minutes, remove wrap and take a warm shower to rinse off any residue from the seaweed mud mixture.

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# Aloe Vera Violet Anti Aging Mask



Violet essential oil helps heal inflammation and thread veins. It is also good for reducing acne, open pores, and blackheads. The perfect ingredient for a seaweed scrub.

## Ingredients

- 1 Tablespoons of La Lune Naturals Seaweed Powder
- 2 Tablespoon of Warm Water
- 1 Tablespoon of Aloe Vera Gel
- A Few Drops of Honey
- 5 Drops of Violet Essential Oil

## Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

# Sandalwood and Seaweed Cellulite Scrub

A natural exfoliant, seaweed stimulates circulation and flushes toxins, which helps to reduce the appearance of cellulite. Use powdered seaweed for this make-at-home body scrub.

## Ingredients

3 tbsp La Lune Naturals Seaweed Powder  
1/4 cup sea salt  
1/4 cup olive oil  
Drop of Sandalwood essential oil

## Directions

Mix ingredients together and store in a mason jar. Massage onto cellulite before showering once daily. After showering, apply moisturizer.





# Sandalwood and Seaweed Anti Aging Mask



Seaweed is known to help repair damaged skin cells, helps protect the skin from free radical damage, fight skin inflammation and irritation. Because of its nutritional properties, and the 54 trace elements found in seaweed, this amazing ocean wonder has been said to help slow down the aging process of the skin.

## Ingredients

- 1 Tablespoons of La Lune Naturals Seaweed Powder
- 2 Tablespoon of Warm Water
- 1 Tablespoon of Aloe Vera Gel
- A Few Drops of Honey
- 5 Drops of Sandalwood Essential Oil

## Directions

Place the seaweed into a small bowl, add warm water and mix. Add aloe Vera gel, honey and stir until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water, if needed, to reach your desired consistency.

Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

# Thank You

For trying our recipes!

Questions or comments?

Contact us at [leah@lalunenaturals.com](mailto:leah@lalunenaturals.com)  
or visit [www.lalunenaturals.com](http://www.lalunenaturals.com)



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