



DIY SUGAR SCRUB

- 1 CUP RAW SUGAR
- 1/2 CUP ORGANIC COCONUT OIL
- LEMON ESSENTIAL OIL
- EUCALYPTUS ESSENTIAL OIL
- SMALL GLASS JAR WITH LID

INSTRUCTIONS

1. ADD THE SUGAR TO A MICROWAVE SAFE MIXING BOWL.
2. USING A MICROWAVE MELT THE COCONUT OIL UNTIL IT'S LIQUID.
(YOU CAN ALSO USE A DOUBLE BOILER.) I USED THE MELT FUNCTION
FOR BUTTER ON MY MICROWAVE, AND IT TOOK TWO TRIES, BUT THE COCONUT OIL
MELTED QUITE NICELY. ONCE THE COCONUT OIL IS LIQUID POUR INTO THE SUGAR
AND MIX WITH A SPOON.
3. ADD 4-6 DROPS OF EACH OF THE ESSENTIAL OILS. IF YOU'RE ONLY USING ONE
ESSENTIAL OIL ADD UP TO 12 DROPS. SOME ESSENTIAL OILS DON'T HAVE
DROPPER TOPS SO LOOK OUT! YOU MIGHT WANT TO POUR THE OIL INTO A SPOON
FIRST IN CASE YOU POUR TOO MUCH.
4. THIS RECIPE MAKES A LITTLE BIT OVER 8 OUNCES OR ONE CUP SO MULTIPLY THE
RECIPE ACCORDINGLY FOR YOUR FAVORS.