



Lavender Mint Sugar Scrub

BY: Life Elements

INGREDIENTS

- 1 cup sugar
- 1 tbsp lavender *buds from Hambly Farms*
- $\frac{1}{4}$ cup olive oil *from The Groves on 41*
- $\frac{1}{4}$ cup healing honey oil *from Life Elements*
- 1 tbsp honey *from Sierra Honey Farm*
- Lavender Essential Oil – 6 drops *from Hambly Farms*
- Mint Essential Oil – 3 drops
- Vitamin E oil – *add a few drops as preservative*

DIRECTIONS

1. Gather all ingredients, along with a medium size bowl, glass measuring cup and large metal spoon
2. Put dry ingredients in bowl
3. Stir in olive oil, healing honey oil, and honey into the bowl of dry ingredients
4. Stir in Vit E and essential oils
5. Fill into 12 oz jar
6. GIVE or ENJOY!



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