



## Peppermint Sugar Scrub

Recipe by

**Life Elements®**

- ❖ 1 cup sugar
- ❖ ¼ cup olive oil *from The Groves on 41*
- ❖ ¼ cup healing honey oil *from Life Elements*
- ❖ Peppermint Essential Oil – few drops
- ❖ Vitamin E oil – *add a few drops as preservative*

### INSTRUCTIONS:

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 into the bowl of dry ingredients
4. Stir in essential oil
5. Fill stand-up pouch and seal, or use jar.
6. GIVE or ENJOY!



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