

Sugar Scrub



Carrier oil/s: Olive oil - 1 c olive oil

Essential oil/s: lemon essential oil, optional

Ingredients: 1 1/2 c sugar

1/3 c kosher salt

Directions: zest of 1 extra large lemon (or other citrus)

Benefits: Olive oil moisturizes, lemon freshens and is especially good for removing onion and garlic odors from the skin, and the sugar/salt combo exfoliates dry skin and renews the appearance of your hands.

Notes Alternatively, you can use orange or lime zest for a different fresh citrus smell.

Observations Paper - Recipe Cards

Sugar Scrub



Carrier oil/s: Jojoba or Olive oil

Essential oil/s: Peppermint

Ingredients: Jojoba or Olive oil, Peppermint oil and, Caster Sugar

Directions: Blend jojoba or olive oil with caster sugar and a few drops of peppermint.

Benefits: For soft lips

Notes Caster Sugar (also known as superfine sugar, you can also make your own by putting regular granulated sugar in the food processor for a minute)