

CLASS CRAFTS

Sugar Scrub

NEEDS:

- Clean glass jars of any kind.
- Sugar Scrub Ingredients:
 - 1/2 cup sugar (white or brown sugar - preferably organic)
 - 1/2 cup oil (olive oil and coconut oil work great)
 - Optional: Essential oils of your preference.

INSTRUCTIONS:

1. Combine coconut oil and one cup of sugar into a bowl and mix until creamy.
2. Add essential oils while stirring. (This is when you could also add coloring.)
3. Add remaining sugar until formula reaches the desired consistency.
4. Sugar scrubs remove outermost layer of dead skin cells, without causing pain. A
5. sugar scrub also hydrates your skin because the sugar is combined with oil.
6. Shower afterwards!