

BODY SCRUB

Decadent body scrub so good you'll want to eat it, safe enough to and makes your skin extra soft.

SERVINGS	CONTAINERS	TIME TO MAKE
18 oz	3 --- 6 oz JARS	20 MINUTES

INGREDIENTS

- 3 Cups Sugar, small sugar grain/refined white sugar Powder
- 2 Cups Coconut Oil
- 1 Tablespoon Organic* Flowers of choice, Dried (optional)

DIRECTIONS

- In a medium size bowl, add sugar and coconut oil. Mix until everything is evenly dispersed.
- Add your choice of dried flowers if using. I like using what is around my neck of the woods, so lavender, calendula, rose petals, etc. I usually harvest myself, but these are also easily found at DIY and/or craft stores.
- Mix well.
- Add to a jar or tin, being careful if using glass to not break in bathroom.
- Can last up to 3 months depending on environment it is stored.
- Enjoy!

TIPS

- If you want to make larger or smaller batches, it's a 1:1 ratio of sugar and coconut oil, meaning 1 part of sugar to 1 part coconut oil.
- I like the listed amount because it lasts a month or so for daily use.
- Be careful with the oil on the floor/bathtub as it will make it slippery, use the orange cleaner on the floor/tub after bathing to remove the oil residue and prevent slipping/falling

* Recommend organic as adding flowers from conventional growers can cause reactions from pesticide use.