

Sugar Beet FOOD CO-OP

SUGAR SCRUB RECIPE

Ingredients:

1 part or ½ cup Coconut oil or Olive Oil

1 part or ½ cup Sugar

Essential oil of your desire

To Make:

If working with coconut oil, warm enough to allow for mixing.

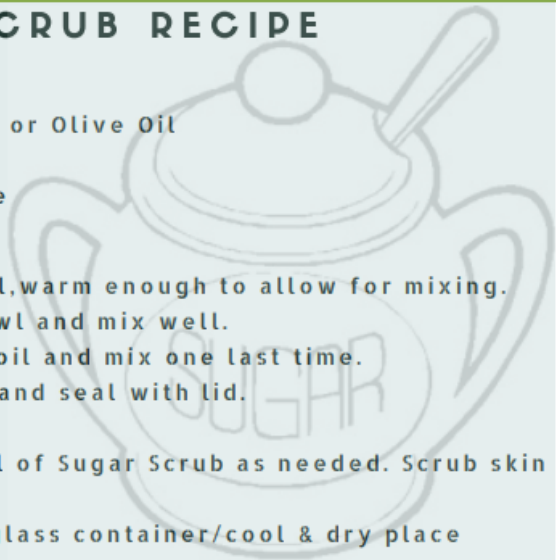
Pour Sugar and Oil into bowl and mix well.

Once mixed add essential oil and mix one last time.

Place Sugar Scrub into jar and seal with lid.

To Enjoy: Scoop a spoonful of Sugar Scrub as needed. Scrub skin then rinse.

Recommended Storage: A glass container/cool & dry place



Sugar Scrubs

are a great way to exfoliate and hydrate the skin.

Exfoliation is the act of removing dead skin cells and is supportive in circulation and blood flow to the skin. Sugar is a great exfoliate being gentler on the skin vs. salt which can scratch the skin.

Pick an essential oil that lifts your mood, feels invigorating or fresh. Experiment with brown sugar, coffee grounds or oats mixed in with the sugar scrub mixture. Have fun with mixing oils like almond, sesame seed, jojoba oil, apricot and substitute for coconut or olive oil.

(Information Sourced from Mountain Rose Herbs, Herbalist Susan Weed & Rosemary Gladstar's book: Herbal Recipes for Vibrant Health)

For education purpose only. These statements have not been approved by the FDA. Information here is not intended to diagnose, treat, cure, or prevent disease.)

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