



## **Simple Sugar Scrubs**

### **Here's what you need:**

- **A Jar:** I used an 8 Oz jar – You can use your jar of choice.
- **Sugar:** Any: Granulated sugar, Fine sugar, Organic, etc.
- **Oil:** Coconut oil, Olive Oil, Jojoba oil, or Avocado oil.
- **Scents:** 2 drops of essential oils to each bowl, OR extracts.  
vanilla, peppermint, raspberry, lemon, orange, etc or any scent you like.  
\*If using extract use only 2 drops at first, + then add more if needed.
- **Color:** Food coloring or Mica Powder. \*this is optional, you can also just create a sugar scrub with no color.
- **2-4 bowls** (Depending on how many colors you'd like to create).

*NOTE: The amount of each ingredient necessary will depend on how much sugar scrub you would like to make. For an 8 oz. batch of sugar scrub, use 1 cup of sugar and 1/2 cup of coconut oil. For a fluffier scrub, use less oil.*

### **Here's what to do:**

**Step 1:** Divide sugar into 3-4 bowls and add approx. 1/8 tsp. of mica colorant or 1-2 drops of food coloring to each bowl. Stir until well mixed and blended. *Note: the color will be lighter during this step than the final result! You want a light pastel color at this point, so do not over color!*

**Step 2:** If using coconut oil, microwave for approx. 1minute, stir + reheat if needed. Add your melted coconut oil into the sugar in an approximate 2:1 sugar to oil ratio. If you prefer a more liquid consistency for your scrub, add more coconut oil; if you like it fluffier, add less oil + more sugar. Use a little bit at a time until the desired consistency is reached.

**Step 3:** Add fragrance oil: approx. 2-3 drops in each bowl+ mix well.  
\*If using extract use only 2 drops at first, + then add more if needed.

**Step 4:** Layer the different colors / or white sugar scrub into your jar.  
SO fun and cute!