

## **Pumpkin Spice Body Scrub #1**

### **Supplies:**

- Pyrex measuring glass
- Mixing bowl + spoon
- 1 Cup measuring cups for sugar + oil (I use a cup for each)
- One teaspoon for pumpkin spice
- Brown sugar
- Coconut oil or olive oil
- Pumpkin pie spice
- A 16 oz Jar
- Ribbon to decorate your jar with

*NOTE: The amount of each ingredient necessary will depend on how much sugar scrub you would like to make. For a 16 oz. batch of sugar scrub, use 2 cups of sugar and 1 cup of oil.*

**Step 1:** Add 16 ounces of brown sugar into your mixing bowl. Stir well to get rid of any sugar clumps.

**Step 2:** Add melted coconut oil to 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 a little bit at a time until the desired consistency is reached.

**Step 3:** Add 1 teaspoon of Pumpkin spice + mix well.

**Step 4:** Add the sugar into your jar and finish with autumn-themed ribbon.

## **Pumpkin Spice Body Scrub # 2**

### **Supplies:**

- Pyrex measuring glass
- Mixing bowl + spoon
- 1 Cup measuring cup for sugar
- $\frac{3}{4}$  Measuring cup for oil
- 10 drops of Pumpkin Spice or Pumpkin Pie essential oil
- White sugar
- Coconut oil
- Orange gel food coloring (use gloves to avoid a mess)
- Orange mica powder
- A 16 oz Jar
- Ribbon to decorate your jar with

*NOTE: The amount of each ingredient necessary will depend on how much sugar scrub you would like to make. For a 16 oz. batch of sugar scrub, use 2 cups of sugar and  $\frac{3}{4}$  cup of oil.*

**Step 1:** Add 16 ounces of white sugar into your mixing bowl.

**Step 2:** Add melted coconut oil to 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 a little bit at a time until the desired consistency is reached.

**Step 3:** Add a few drops of orange gel food coloring, mix well + use gloves to get rid of any uneven color. \*You can also add  $\frac{1}{2}$  teaspoon of orange mica powder

**Step 4:** 10 drops of Pumpkin Spice or Pumpkin Pie essential oil. Mix well.

**Step 5:** Add the sugar into your jar and finish with autumn-themed ribbon.