

D.I.Y. CANDY CANE BODY SCRUB



Here's what you need:

- 2 cups granulated sugar
- 16 oz jar
- 1/2 cup coconut oil or olive oil
- Red or pink mica powder *Alternatively you can add red or pink food coloring
- 5 drops of Candy Cane essential oil (or your favorite winter holiday scent)
- Bowls + spoons
- Pyrex measuring cups
- 1 cup and 1/2 cup measuring cups
- Ribbon

Here's how to create your scrub:

1. In a small microwave safe bowl or Pyrex measuring cup, melt your coconut oil for 1 minute...*be careful because the coconut oil gets hot quickly*
2. In one bowl add 1 cup of sugar and mix in coconut oil a little at a time
3. In a second bowl, add 1 cup of sugar + a bit of mica powder to get a pink or red color. *Alternatively you can add red or pink food coloring*
4. Add 5-10 drops of candy cane oil *depending on your desired strength
5. Blend and mix well
6. Scoop your finished Sugar Scrub into a mason jar
7. Add a festive ribbon