



Laura's Natural Body Sugar Scrub Recipe

Ingredients:

1 cup Raw Granulated Sugar
4 Tablespoons organic Coconut Oil
10 to 15 drops Pure Essential Oils

Instructions:

Scoop 4 Tablespoons of coconut oil into a microwave safe bowl and microwave it on high until it's completely melted (about 25 seconds).

Pour the melted coconut oil into the sugar and mix well to combine. If it's too wet, add small amounts of sugar and mix until you get a consistency you like.

Add the drops of pure essential oils and mix until well combined.

Scoop it into any air tight container of your choice.

It should last 2-3 weeks or longer if you store it in the frig.

Enjoy!

Laura