

## Sugar Hand Scrub

### To Make:

- Put 1 oz of Jojoba oil in a small cup and add 15 drops TOTAL of essential oil, choose from:
  - Lavender – calming and comforting
  - Orange – uplifting
  - Peppermint – mentally invigorating
  - Rose – reduces anxiety and stress

Can blend combinations of lavender, orange, and peppermint together

Can blend rose with lavender

- Stir Jojoba oil and essential oil
- To your jar of about  $\frac{3}{4}$  cup (5  $\frac{1}{2}$  oz) of sugar, add oil mixture and stir

Texture should be like wet sand, not too oily

Add more sugar or oil to obtain desired consistency

### To Use:

- Wet your hands with warm water
- Use a clean dry spoon to scoop a quarter sized amount onto your palm
- Gently massage the mixture into your hands for about a minute
- Rinse well with warm water
- Pat dry
- Enjoy!