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DIY Sugar Scrub

This simple DIY sugar scrub exfoliates and moisturizes all at once. Massage a small amount into your skin in circular motions for 20 seconds. Rinse with water and gently pat dry. Your skin will feel brand new and incredibly soft and luxurious.

This sugar scrub makes a great gift for others when given in cute little glass jars that can be reused. Or, keep for yourself. You can use it on your hands, feet, legs or even your face. However, if you add the optional ingredients (zest or essential oils) you will want to avoid the face. Adding the citrus zest adds a bit of color to your scrub and it will smell wonderful and refreshing. Or, you can add your favorite essential oil.

INGREDIENTS

- 1/2 cup Barlean's Organic Coconut Oil
- 1/4 cup sugar (I use organic cane sugar)
- Optional: 2 tablespoons citrus zest (such as orange, lemon or grapefruit) OR 10 drops of your favorite essential oil such as lavender, eucalyptus etc.
- Optional: 1 teaspoon vitamin E oil