

# Adult Craft: Sugar Scrub

## INGREDIENTS

- 1/2 cup coconut oil
- 1/4 cup granulated sugar (you can use up to 1/2 cup if you want your scrub to have a more coarse, sand-like texture)
- No more than 25 drops of essential oil
- 2 vitamin E soft gels
- 4oz ball jar

## DIRECTIONS

- Combine all ingredients into provided bowl.
  - **TIPS**
    - Fill coconut oil to the top, firmly packed.
    - Do not shake essential oil, pour gently.
- Mix thoroughly
- Fill ball jar



## TO USE

- On your face—use at sink, or in the shower. Massage in circular motions for 30 seconds (avoid hairline so it doesn't get greasy). Rinse and pat dry.
- On your hands—massage into your hands and fingernails for 30 seconds. Rinse and pat dry.
- On your legs and feet—massage into your legs and feet while in the bath or sitting in the side of the bathtub. Rinse and pat dry. (Never use on your feet in the shower because the coconut oil is slippery and you risk falling.)

