

## Simple Sugar Scrub Recipe

### Sugar Body Scrub

Pamper yourself with soft skin. This scrub works great on hands, feet, and lips.

Recipe from:  
[www.wellnessmama.com/3628/sugar-scrub-recipe/](http://www.wellnessmama.com/3628/sugar-scrub-recipe/)

#### What You'll Need:

- Olive Oil
- Sugar (Brown or granulated sugar both work)
- Essential oils or extracts (optional)
- 4 ounce glass container

#### Directions :

1. Combine 4 tablespoons sugar with 2 tablespoons oil in a bowl.
2. Add 4-5 drops of essential oil (optional) and stir.
3. Store in airtight glass container,

Use at the kitchen sink or in the shower. Rub skin with mixture then wash off with warm water.

#### Tips:

- You may add more olive oil to your jar after packing if you desire a different consistency.
- Oil will settle in the jar so stir before using.

(<http://www.freutcake.com/beauty-2/vanilla-sugar-body-scrub/>)



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