

Sugar Scrub

Supplies

Included: coconut oil, lemon

Not Included: sugar, stirring implement, knife container (jar, cup, etc.)

1. Put the coconut oil in a microwavable bowl and microwave on high for 30 seconds to melt it.
2. Measure 1.5 cups of sugar into a separate mixing bowl.
3. Pour the melted coconut oil into the sugar and mix together until well combined.



4. ** Optional: Zest the outside of the lemon. If you don't have a zester, you can use a grater. Or you don't have to have any rind in your sugar scrub, it's mainly for appearance.
5. Cut the lemon in half and squeeze half the lemon into your sugar and oil mixture.
6. Mix until evenly combined.
7. ** Optional: Mix in the lemon zest.

8. If your scrub is too “wet,” add $\frac{1}{4}$ to $\frac{1}{2}$ cup more sugar. If too “dry,” you can add a bit of olive oil or more lemon juice. It should pack down nicely.



9. Store your sugar scrub in a jar or air tight container.
10. Enjoy by using the sugar scrub on your body, especially rough spots like knees and elbows, when you bathe.

** Optional: If you don't want to use the lemon, you could use another citrus fruit or you could put in a few drops of a calming essential oil.

** Note: If you use this on your feet, be cautious as it will make your feet and the shower very slippery.