





Scrubs Recipes

Ginger Lime  Brown Sugar Scrub			
1/2 cup brown sugar	1/2 cup white sugar	1/2 cup Fractionated Coconut Oil	10 drops of Lime Essential oil 5 drops of Ginger Essential oil
 Citrus Bliss Sugar Scrub			
1 cup white sugar	1/2 cup Fractionated Coconut Oil		10 drops of Citrus Bliss Essential oil
Vanilla Lavender  Sugar Scrub			
1 cup brown sugar	1/2 cup Fractionated Coconut Oil	1 tsp. pure vanilla extract	5 drops of Lavender Essential oil
 Peppermint Sugar Scrub			
1 cup white sugar	1/2 cup Fractionated Coconut Oil	8 - 12 drops of Peppermint Essential oil	

Sugar Scrubs Base Just remember 80% sugar to 20% oil.

Note: You could use any type of oil: olive, almond, coconut, avocado, grapeseed, etc.

For more recipes using essential oils:

<https://www.pinterest.com/janeywalser/oils-and-more/>