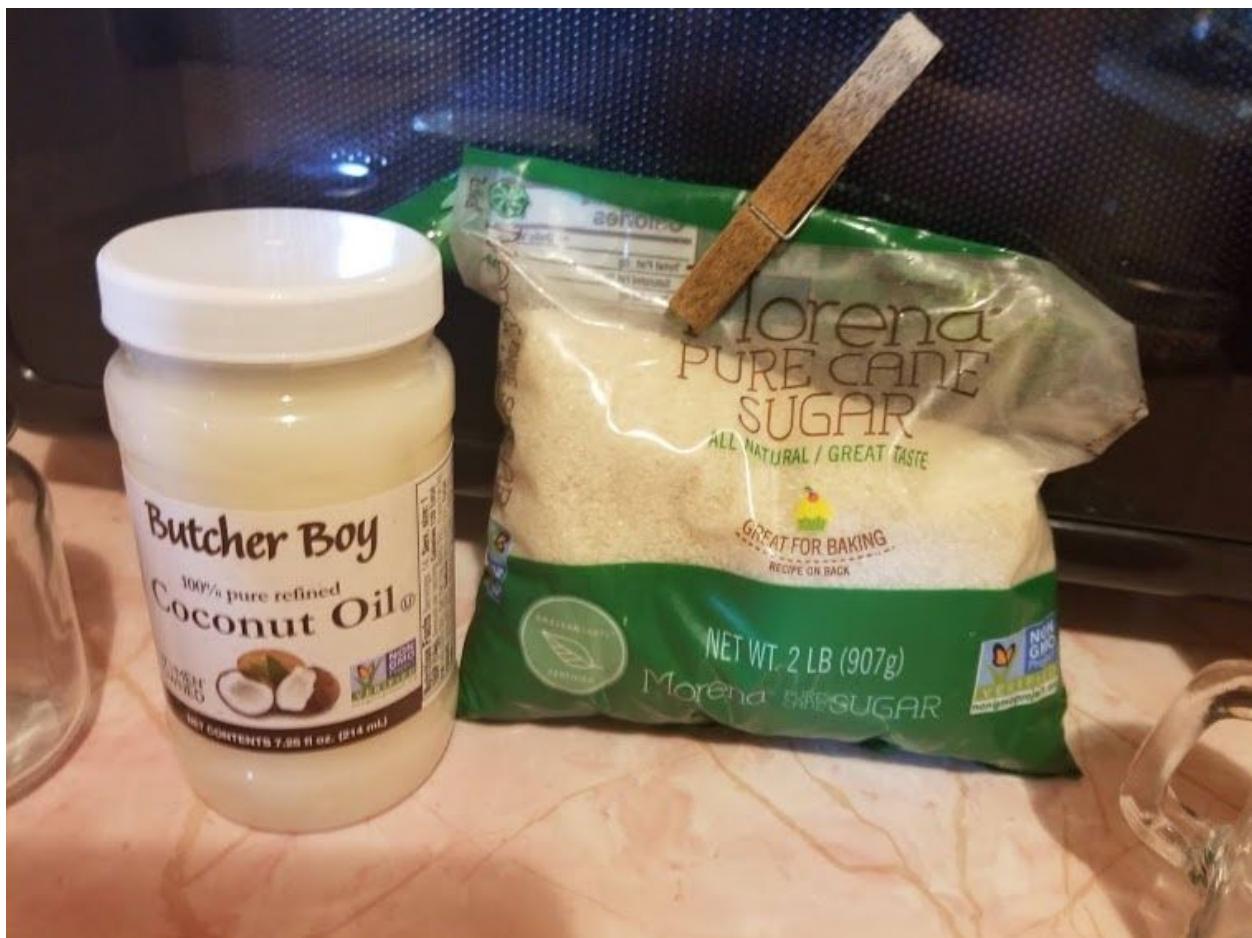




I want to share how I make a favorite bath item for myself, it is sugar scrub! I love sugar scrub because it is an excellent exfoliate that is not too harsh on your skin. I have very sensitive skin so that is important to me. Exfoliating at least once a week is recommended to keep your skin vibrant and to fight cellulose buildup. I also love this recipe because it is all natural. It only contains two ingredients and both of them are great for you.

I am providing the basic recipe as I learned it from the Wellness Mamma blog. I like to keep this around because I use it daily on my face and a couple of times a week in the shower. I usually make a huge batch so I may double or triple the recipe. I store my sugar scrub in glass jars because I am partial to glass.

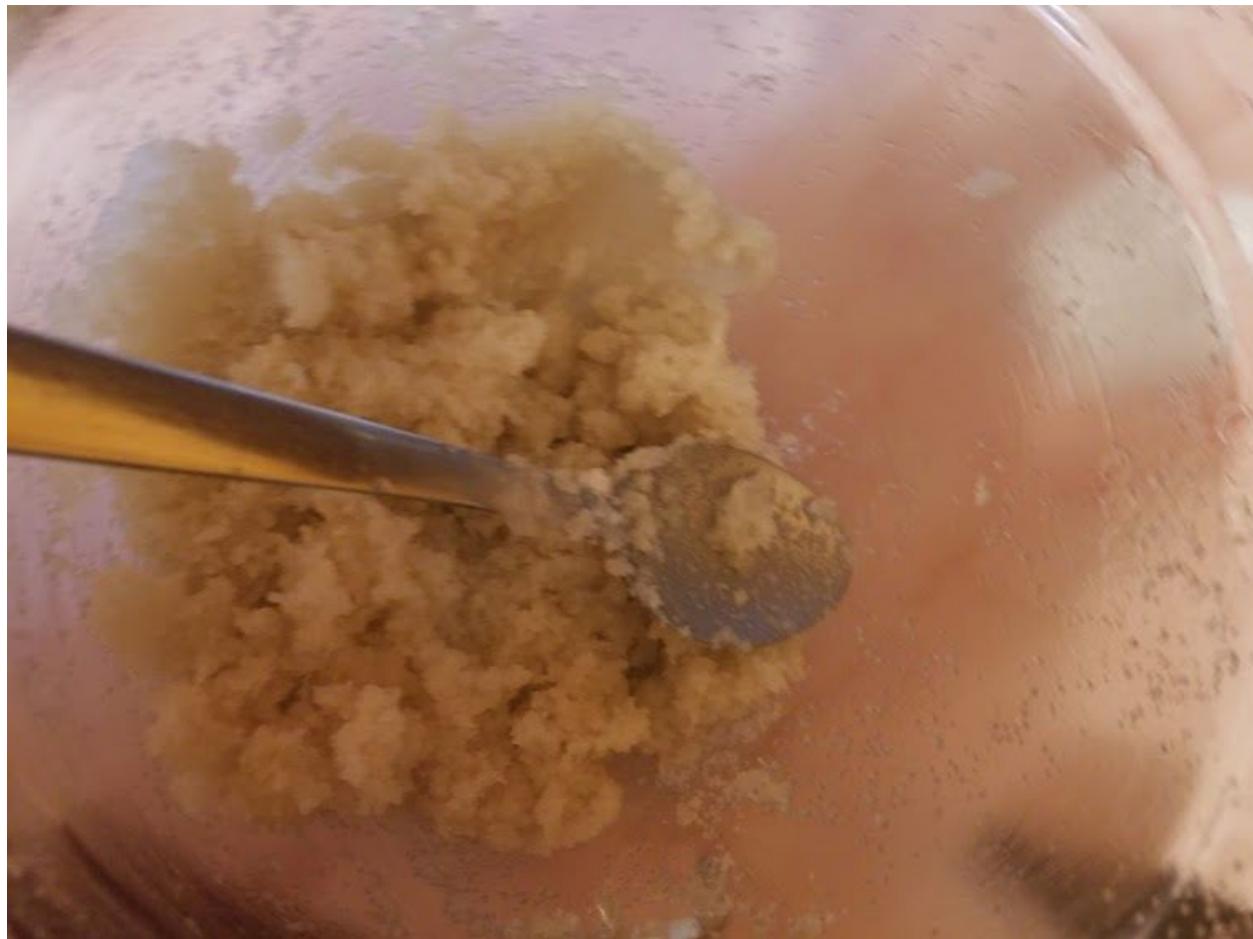


$\frac{1}{2}$ cup oil (olive oil and coconut oil work great)

1 cup raw **sugar**, (you may choose white or brown, preferably organic.)

essential oils of your preference (optional)

1 small wide-mouth glass mason jar.



Here is a link to the video Demo https://youtu.be/_IE-6Di80uI