

# Sugar Body Scrub

Sugar is often used in cosmetics for its exfoliating properties. Sugar scrubs are great for exfoliating your face and body. You can make your own simple scrub by mixing sugar and oil to form a loose paste, or you can get a little fancier with recipes like this one.

## Ingredients:

- ½ cup brown sugar
- ½ cup white granulated sugar
- ⅓ cup olive oil (you can substitute avocado, almond, or coconut oil as well)
- 2 tablespoons honey
- ¼ teaspoon pure vanilla extract (you could also use 5–10 drops of your favorite essential oil)
- ½ teaspoon vitamin E oil

## Directions:

Mix all ingredients in a small bowl until well combined. Store in an airtight container in a cool dry place.

## To use:

Apply the sugar scrub to your face, neck and throat. Use a circular motion and work the scrub into your forehead, cheeks, chin and neck. Be careful not to scrub too vigorously. AVOID THE EYE area completely. This skin is delicate and should never be exfoliated with a scrub.

Rinse the face using warm water and finish with a nice cool splash of water to close pores.

Of course, you can use this scrub on other areas of your body, too. You might want to use some on your hands or feet to slough off dry or dead skin. Always finish with a cool rinse and pat skin dry with a clean towel.

