

Lavender Sugar Scrub Recipe

1/2 cup White Granulated Sugar

1/2 cup Raw Sugar

up to 1/4 Olive Oil or Coconut Oil melted

1 tablespoon dried Lavender (optional but recommended)

3-4 drops Lavender Essential Oil

Directions:

1. Mix together the sugars and slowly add the coconut or almond oil while stirring.
2. Pour in as much oil as you need to get your desired consistency. I do not like my sugar scrubs too oily so I always use less than 1/4 cup.
3. Stir and mix thoroughly.
4. Stir in the essential oil and the Lavender.
5. Store in an airtight container.