

Peppermint Sugar Scrub Recipe

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2 cups of white granulated Sugar

1/4 cup to 1/3 cup Almond Oil (Coconut Oil will work too)

4-5 drops of Peppermint Essential Oil

Directions:

1. Add the oil to the sugar slowly till you have a nice soft consistency that is soft but not too oily.
2. Then add a few drops of your essential oil.
3. Mix together.
4. Separate the sugar scrub into two separate bowls.
5. Add 1-2 drops of red food coloring to one bowl and stir together.
6. Add a layer of pink sugar scrub to your jar and then add the white layer.
7. Press down lightly to make the layers even.
8. Repeat until the jar is full.