

## Peppermint Candy Cane Sugar Scrub

2 cups granulated sugar, divided  
about ¼ cup almond oil, divided  
2 drops red food coloring (or raspberry juice)  
8-10 drops doTERRA Peppermint Essential Oil

### Directions:

1. Set out two separate bowls and fill each bowl with one cup of sugar.
2. Add the almond oil to each bowl so that the sugar is a nice soft consistency but not too wet.
3. Stir together the oil and the sugar in each bowl.
4. Take one bowl and set it aside.
5. Take the other bowl of sugar and add two drops of red food coloring and mix it together.
6. Add 8-10 drops of Peppermint Essential Oil to the pink sugar and mix it well.
7. Take a clean container and add a layer of pink sugar using a large funnel. A paper funnel works well so the sugar can easily slide into the jar.
8. Follow with a layer of white sugar.
9. Continue until the layers until the jar is full.

Scoop a small amount into your fingers and scrub your damp or wet skin. Then rinse and wash away the excess sugar for nice exfoliated skin.

Should last up to 3 months if kept in a well sealed container and scooped with a clean utensil or hands.