

Lemon Mint Sugar Scrub Recipe

1 cup sugar

1/8 cup almond oil

1/4 cup fresh mint, chopped

5-6 drops lemon essential oil

2 drops peppermint oil

Directions:

1. Pour sugar into a medium bowl.
2. Slowly mix in almond oil a little bit at a time.
3. Stir to incorporate the oil in the sugar evenly and until it is a nice consistency, but not too oily. You may not need to use all of the oil.
4. Chop the mint leaves and mix into the sugar.
5. Add the essential oils and mix together.
6. Store in an air-tight container.
7. Will last up to three months if stored properly.