

Homemade Hand Sugar Scrub recipe



INGREDIENTS:

- 1 cup of sugar – I used unbleached, cane sugar
- a *little less* than 1/3 cup of olive oil
- 15-20 drops of jojoba oil
- about half a teaspoon of local honey

STEP-BY-STEP INSTRUCTIONS:

Step 1: Mix ingredients all together in a glass jar or container.

Step 2: Store for up to two months in an airtight container.

To use, just scoop out about 1/2 a tablespoon. * Rub over hands for at least 30 seconds, then rinse off with water.

**I recommend scrubbing your hands right before you go to bed. You can also take out about a tablespoon and scrub your feet with your hands. Yep, two birds with one stone. Just be careful, as it will make your feet slippery!*

***Give your scrub a quick stir the next time you want to use it!*

FIND THE BLOG POST HERE:

<https://aliveandgrowingathome.com/homemade-hand-sugar-scrub/>



Hi! I'm Becky.

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