

DIY Sugar Scrub

Ingredients:

- 1 cup organic sugar
- ¼ cup carrier oil*
- 10 drops frankincense or geranium
- 10 drops lavender

Directions:

1. Put all ingredients into a bowl and mix well.
2. Store in an airtight, preferably glass container.

Tips: You can try other essential oils that are safe on and good for the skin. A few others that I enjoy are grapefruit, rose, vanilla, and peppermint.

* Even if you're allergic to certain types of oils there's a carrier oil that's right for you. Use any or a combination of the following: Jojoba, Sweet Almond, Avocado, Fractionated Coconut, Argon, Grapeseed, or Olive Oil.