



ORGANIC SUGAR SCRUB

A DIY organic sugar scrub is a lovely way to soften the hands by exfoliating. You'll want to start shaking everyone's hands so they can feel the softness!

INGREDIENTS

1/4 cup organic brown sugar (coarser the better)

Fractionated coconut oil, to make into a paste

A couple drops of essential oil (optional)

METHOD

1. Mix the sugar with the fractionated coconut oil, using enough oil to make a paste.
2. Use a hand washing motion to apply the mixture to the hands.
3. Scrub over the hands for a minute and wash off with warm water. Pat dry.
4. Enjoy your soft hands!