

Body Scrub Recipes

Vanilla and Cinnamon Brown Sugar Scrub

Ingredients:

- 1 cup brown sugar
- 1/2 cup coconut oil (I melt the oil first)
- 1 teaspoon real vanilla extract
- 1 teaspoon ground cinnamon



Directions:

Place all ingredients in a bowl and mix together. It's as easy as that! You can add more oil depending upon how loose you prefer your scrubs to be.

Citrus Salt Scrub

Ingredients

- 3 tablespoons fine grain salt
- 5 tablespoons coarse grain salt (I used kosher salt as it is finer than sea salt)
- 1/2 cup liquid coconut oil
- 1 teaspoon fresh citrus zest such as orange, lemon, lime or tangerine
- 4 drops of matching citrus essential oil

Citrus Sugar Scrub

Ingredients

- zest of one lemon
- zest of one lime
- 2 cups sugar
- 1/2 cup softened (not liquid) coconut oil
- 2-3 drops lemon essential oil



Directions

In a medium bowl, rub the lemon and lime zest into the sugar using your fingers to release the oil.

Add the coconut oil and essential oil, then mix together.

You can add more oil depending upon how loose you prefer your scrubs to be.

Lavender Sugar Scrub

Ingredients

- 1 cup caster sugar (its finer than regular sugar)
- 1/2 cup coconut oil (I melt the oil first)
- 1 teaspoon lavender oil
- Pinch of dried lavender (optional)



Directions:

Place all ingredients in a bowl and mix together. It's as easy as that! You can add more oil depending upon how loose you prefer your scrubs to be.

Coffee Scrub

This is the most expensive scrub as I prefer using freshly ground coffee grounds instead of used grounds. Whilst homemade scrubs are supposed to be inexpensive, when I made this scrub with used coffee grounds, I found the water in the wet grounds made the scrub go mouldy!

£££ Free coffee grounds £££

If you don't use coffee grounds you can pop into any coffee shop and ask them for a bag of their used grounds. This is free of charge and when you get home I suggest putting them on a flat baking tray in a very cool oven for a little while to dry them out a bit before using them.

Ingredients

- 1/2 cup ground coffee
- 1/2 cup brown sugar
- 1/2 tablespoon ground nutmeg
- 1/2 tablespoon ground cinnamon
- 1/4 cup coconut oil, melted
- 3 to 4 drops vanilla extract



Directions:

Place all ingredients in a bowl and mix together. It's as easy as that! You can add more oil depending upon how loose you prefer your scrubs to be.