
Subject: Exfoliating Scrub Recipe

Posted by [Eureka5](#) on Sat, 07 Nov 2015 03:02:28 GMT

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*Exfoliating helps reduce acne, blackheads, and itchy/flaky skin, and helps your moisturizer to penetrate deeper into the skin. I give different mixes like this as gifts, and had one girl ask to buy more off of me after hers was used up! Definitely give this a try.

Sugar Scrub Recipe:

- 1/2 cup sugar (white or brown sugar- preferably organic)
- 1/2 cup coconut oil
- Optional: essential oils of your preference, vanilla extract, cinnamon, etc.
- Optional: Apricot seed powder (for extra strength exfoliation) or finely ground oatmeal (soothing properties)

Sugar Scrub Instructions

Mix all ingredients and store in an air tight jar.

Use as needed in the shower. Scrub skin with the mixture and rinse will. Keeps for up to two months at room temperature.

Face scrub Recipe:

- 3 Tbsp baking soda
- 1 Tbsp Coconut oil

-Mix to form a paste and store in small jar. Apply gently onto face, scrubbing a little, and rinse off.

Subject: Re: Exfoliating Scrub Recipe

Posted by [mouse](#) on Sat, 07 Nov 2015 03:09:30 GMT

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gonna give this a try. thanks

Subject: Re: Exfoliating Scrub Recipe

Posted by [Mollie](#) on Sat, 07 Nov 2015 06:37:46 GMT

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will give it a try thank you for sharing
