

DIY Sugar Scrubs

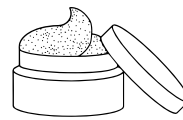


**ages
13-18**



Cedar Park
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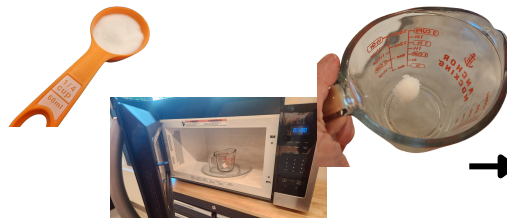
DIY Sugar Scrubs

Follow the steps below to make your own sugar scrubs!
This is a beginner-friendly activity for ages 13-18.

Supplies:

- Spoon
- Glass jar
- ¼ c. Sugar
- 1 tbsp. Coconut oil
- 2 drops food coloring + 3-4 drops essential oils

Step 1: Sugar and oil



Spoon 1 tablespoon coconut oil into microwave safe bowl for 15 seconds.

Pour melted coconut oil and ¼ cup sugar into jar. Stir until at desired consistency.



Step 2: Food coloring

Add 2 drops of food coloring into the jar mixture. Stir until at desired consistency.



Step 3: Essential oils



Add 3-4 drops essential oils. Stir well.



Store sugar scrub in an airtight container.



Use on hands & body up to three x a week. Enjoy!

