



# Homemade Body Scrub

## Honey Sugar Scrub

### Ingredients

1 cup coconut oil

1 1/2 cups white granulated sugar

1/4 cup raw honey

A few drops of essential oil for scent. (The type used in soap making.)

A mixing bowl

Spoon

Jar

### Directions

Depending on the temperature of your room, coconut oil can be found in either a liquid or solid form. If your coconut oil is solid, add it to a small bowl or jar and place that in a sink of hot tap water. Within a few minutes, the oil should liquefy.

Combine the liquid coconut oil, sugar, honey and optional essential oil in a bowl. Mix until well incorporated.

Fill your decorative jars and embellish them with a pretty ribbon and gift tag.

The sugar scrub should be stored in an airtight plastic or glass container and will last approximately 2 months.

Taken from [HGTV.com](http://HGTV.com)

(Always check for sensitivity before using something new on your skin)