



SIMPLE SUGAR SCRUB

Ingredients:

8 Ounces Granulated Sugar/Fine Grain
2 Ounces Sunflower Oil (Regular or High Oleic)
5 ml (1 tsp) Tocopherol (Vitamin E)
2.5 ml (1/2 tsp) Essential Oil (optional)

Directions:

Combine sunflower oil, tocopherol and essential oil. Pour liquid mixture over granulated sugar in a small bowl and mix well.

Scoop into containers. Oils will eventually settle on top. Stir well before use and exercise caution when entering/exiting bathing area as the oils will make these surfaces slippery.