

Do it yourself

BODY SCRUBS



Coffee Scrub

Coffee is still a popular ingredient for many DIY body scrubs. The tiny granules are gentle on the skin, while still being effective at removing dead cells from the skin's surface. And who can't resist the aroma of a cup of coffee?

INGREDIENTS

1/2 cup coffee grounds
2 tbsp. hot water
1 tbsp. coconut or olive oil,
warmed or olive oil.

DIRECTIONS

Add the coffee grounds and hot water to a mixing bowl. Mix thoroughly with a spoon. Add the oil. If needed, add more coffee grounds or more oil to get the consistency right. When you're satisfied with the consistency, spoon the mixture into a container.

Brown Sugar Scrub

Brown sugar is an inexpensive and accessible ingredient that also does a great job of exfoliating your skin. Brown sugar is gentler on skin than sea salt or Epsom salt. This makes it an ideal ingredient for sensitive skin. The sugar granules might make your skin feel sticky, so be sure to rinse thoroughly after you've exfoliated.

INGREDIENTS

1/2 cup brown sugar
1/2 cup oil of your choice, such as coconut, jojoba, olive, almond, or grapeseed essential oils (optional)

DIRECTIONS

Combine brown sugar and oil in a mixing bowl. Mix thoroughly. If needed, add more sugar or oil to get the consistency right. If desired, add one or two drops of your favourite essential oil, and stir it into the mixture. When you're satisfied with the consistency and fragrance of your scrub, spoon it into a container.

Sea Salt Scrub

Salt has antibacterial properties that can be helpful for some skin conditions. Salt is also a preservative, so the sea salt scrub will be able to naturally preserve itself. Use ground sea salt, as coarse sea salt can be too harsh on your skin. Sea salt scrubs may be too abrasive for sensitive skin. Also, be careful if you have a cut on your skin as the salt can sting. Because salt has no fragrance, you may want to add your favorite essential oils to your DIY salt scrub.

INGREDIENTS

1/2 cup sea salt
1/2 cup oil of your choice
essential oils (optional)

DIRECTIONS

Combine sea salt and oil in a mixing bowl. Mix thoroughly. If needed, add more salt or oil to get the consistency right. If desired, add one or two drops of your favorite essential oil and stir it into the mixture. Once you're satisfied with the consistency and fragrance of your scrub, spoon it into a container.

