

DIY LAVENDER BODY SCRUB

INSTRUCTIONS

MIX SUGAR AND COCONUT OIL UNTIL FULLY BLENDED.
ADD LAVENDER BUDS AND LAVENDER OIL AND STIR TO COMBINE.
STORE IN AIR-TIGHT PET PLASTIC OR GLASS CONTAINER.
USE IN SHOWER OR BEFORE BATH TO EXFOLIATE SKIN AND RELAX.

INGREDIENTS

1/4 CUP ORGANIC CANE SUGAR
2 TABLESPOONS UNREFINED COCONUT OIL
1 TEASPOON LAVENDER BUDS
3-4 DROPS LAVENDER ESSENTIAL OIL

*RECIPE MAKES ONE 2-OUNCE CONTAINER OF BODY SCRUB.
INCREASE THE RECIPE FOR DESIRED QUANTITY.