

Easy DIY Sugar Scrub

Materials required:

- A container with an airtight seal
- 1 cup of brown sugar
- 1/2 of oil (olive, coconut, or jajoba)
- 1 tsp of pure vanilla extract or a few drops of any essential oil you want to add for a scent.

Step 1: Mix your sugar all of your ingredients in a small bowl.

Step 2: Store in an airtight container. The scrub should be used up within 2 to 3 months.

Benefits of using a sugar scrub:

- They are a good choice for exfoliating and smoothing your skin, even for people with sensitive skin (though the essential oils you choose may change this.)
- Sugar scrubs can brighten tired, dull-looking skin.
- They can also help fight signs of aging in a natural way.
- Sugar scrubs can make great gifts for family, friends or party favours!

