



# Homemade Sugar and Salt Scrubs!

## Materials:

- 5oz glass jar with a screw on lid
- ¼ cup of Coconut oil
- Essential oil for the recipe that you choose
- 1 cup Epsom salt (peppermint scrub)
- Bowl
- Mixing spoon
- Measuring cups
- Sugar (Rise & Shine or Sleep Tight scrubs)
- Purple food coloring (Sleep tight scrub)
- Red food coloring (peppermint scrub)
- Baking soda (peppermint scrub)
- Lemon zest (Rise & Shine scrub)

## Why do we like scrubs?

Sugar is more than just a sweet treat! When applied *topically*, it also offers attractive benefits to the skin. The sugar in homemade sugar scrubs acts as a natural *humectant* and *exfoliate*.

Epsom salt, which has a different chemical and ionic makeup from table or sea salt, has an incredible moisturizing effect on dry skin, helping you to both *exfoliate* dead skin cells on top and soften the layers of skin beneath the surface. Epsom salt, also known as magnesium sulfate, is an ideal all-natural moisturizer because it doesn't just sit on the surface of your skin. It penetrates to the lower layers of skin, creating softness from the inside out. Our epidermis, which is the outermost layer of our skin, acts as a protective barrier that keeps our insides in and everything outside out. However, the epidermis isn't impenetrable. The pruny fingers and toes we get after swimming or soaking for long enough are proof that some elements can quite literally get under our skin. Advocates believe the amount of *magnesium* able to enter the body through the skin is sufficient for reducing swelling and relieving aches. It's also thought that Epsom salts are effective for soothing skin and reducing irritation and itching along with acting as a *exfoliate* just like sugar.

Coconut oil is known to help boost your skin's protective barrier layer, trapping moisture inside and keeping skin supple and hydrated. Coconut oil has also been said to have *anti-inflammatory* properties, making it beneficial for irritated, chafed skin.

Because of these properties both sugar, Epsom salts and coconut oils are used in many spa type products simply because they not only smell and feel good but they actually help our skin!

## Words to know- (words seen above in italics)

*Topically*- Applying medication to the skin or mucous membranes allows it to enter the body from there. Medication applied in this way is known as topical medication. It can also be used to treat pain or other problems in specific parts of the body. Topical medication can also be used to nourish the skin and protect it from harm.

*Humectant*- is a substance that readily absorbs water from its surroundings. Sugar is a natural humectant, meaning it draws moisture from the environment into the skin. So when you apply products with sugar, they'll actually help hydrate your skin and keep moisture within.

*Exfoliate*- is the process by which the outermost layer of dead skin cells is removed, either by mechanical or chemical means. The sugar or epsom salt in scrubs helps aid in exfoliation through a mechanical means (scrubbing vigorously aided by the crystals) which helps remove dead skin and possibly improve circulation.

### **Directions for making your scrub-**

**Rise & Shine Scrub**- This scrub is a great way to start your day off as citrus has been credited with having an energizing effect. This recipe adds lemon zest for that extra aroma and exfoliation properties.

*What is zest and how do I make it? Lemon Zest is made by grating the outer most portion off of a lemon. This can be done by using the fine side of a cheese grater and rubbing the peel against it to make a fine shredded material. Make sure to watch your fingers! Don't go too deep into the white portion. Here is a video you can watch for more information about making zest with different tools.*

<https://www.youtube.com/watch?v=cmtQFxNuFJQ>

Combine ½ cup of sugar (normal granulated white sugar) with ¼ cup of coconut oil in a bowl and stir until well blended. (The lemon essential oil was added to your Coconut oil when you choose this scrub.)

Add 1 Tablespoon of lemon zest to the bowl and stir until all is well blended.

When material is well blended you will use a spoon to scoop the finished scrub back into the provided jar and put lid back on it.

Use scissors to cut out the scrub name label and attach the label to the jar using the string provided and tying it around the neck of the jar. This label shows what ingredients were used to make the scrub.

**Sleep Tight Scrub**- this scrub is a great way to end your day as it contains Lavender essential oils which have been credited with having a calming and relaxing effect.

Combine ½ cup of sugar (normal granulated white sugar) with ¼ cup of coconut oil in a bowl and stir until well blended. (The lavender essential oil was added to your Coconut oil when you choose this scrub.)

Add a drop or two of purple food coloring and stir until the color is evenly distributed throughout the paste. Notice that you can change the color of the paste by adding more or less food coloring to make a very light lilac color or a very deep purple. Don't add too much food coloring as we don't want the product to stain. It shouldn't take more than 3 drops to make a dark purple.

When material is well blended you will use a spoon to scoop the finished scrub back into the provided jar and put lid back on it.

Use scissors to cut out the scrub name label and attach the label to the jar using the string provided and tying it around the neck of the jar. This label shows what ingredients were used to make the scrub.

**Peppermint Scrub-** Just in time for the Holidays! Peppermint is said to help relieve stress and may have antibacterial properties. It is also reported to help relieve pain from cracking and dryness. For this scrub you will be using Epsom salts instead of sugar.

This scrub can be made 2 different colors and may be layered in the jar to resemble a peppermint stick or can be colored all red. In order to layer the colors cut the ingredients in half and mix separately in 2 bowls adding 1-2 drops of red food coloring to one batch. You might want to add the oil a little at a time, so that you don't get too much. Epsom salts do not absorb the oil as quickly as the sugar does and you don't want it to be runny if you plan to layer the colors.

Combine 1/2cup of Epsom Salt with ½ tablespoon of baking soda in a bowl and stir until well blended. Add 1/8 cup of coconut oil to the bowl and stir until all ingredients are well mixed. Add 1-2 drops red food coloring and mix until color is even (The peppermint essential oil was added to your Coconut oil when you choose this scrub.)

Repeat this process with a second bowl but do not add the food coloring.

When well blended add the finished product a spoonful at a time alternating colors to make a candy cane effect.

Use scissors to cut out the scrub name label and attach the label to the jar using the string provided and tying it around the neck of the jar. This label shows what ingredients were used to make the scrub.