

Essential Oil Body Scrub with Sugar & Sea Salt

Servings: 3-4 applications
Prep Time: 10 minutes
Storage: 2-3 days in refrigerator
Freeze: 1 month
Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- ½ cup coarse sugar or date sugar
- ¼ cup sea salt
- 2 TBSP raw honey
- 1 teaspoon jojoba oil
- 1/8 cup of shea butter
- 2 TBSP coconut oil
- 5–10 drops pure essential oil of choice*

Instructions

1. Gather a small ceramic or glass bowl, a ¼ measuring cup, measuring spoons, a regular spoon and an 8-ounce glass jar or larger.
2. Place the sugar and sea salt into the bowl and blend well with a spoon.
3. Next, add coconut oil, honey, and shea butter. Blend well.
4. Work in the jojoba oil.
5. Once well blended, add the drops of essential oil and blend again.
6. Next, transfer to a small glass jar with a lid and label it. You can store it in the fridge to help preserve it.
7. To bring out that glowing skin, exfoliate the skin. While in the shower, simply apply a small amount with your fingertips or washcloth to the skin one section at a time. Gently massage in a circular motion, for about 10–15 seconds starting at the feet, then the hands, working towards the heart making sure to cover your entire body.
8. Rinse and pat dry or air dry so that you do not remove all the moisturizing benefits.

Note

It's also important to know that there are some types of oils that can irritate the skin. Some of the best picks for essential oils to use in body care products like this are tea tree, rose, rosehip, sandalwood, chamomile, and lavender.

Adapted *recipe*

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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Author:

wide mouth half pint mason jar ([get them here](#))

1 cup coconut sugar ([get it here](#))

½ cup coconut oil, softened

10 drops Orange essential oil ([I use this brand](#))

INSTRUCTIONS

To make:

To a large mixing bowl, add the coconut sugar, coconut oil and essential oil. mix until well combined. Transfer to the mason jar and enjoy!

Place a heaping teaspoon in palms of hands, massage into skin and exfoliate. Rinse off with warm water. Great for softening feet too!

Kyndra Holley