



Botanical Body Scrubs

Spring is just around the corner and what better way to celebrate than a floral inspired body scrub! This sugar scrub gently exfoliates as it cleanses and leaves your skin feeling clean, soft and glowing! Use 1-2 times per week or 3-4 times in dryer climates to keep skin soft and moisturized. Sugar removes and fights toxins, is anti-aging and makes your skin glow.

How to use... In the shower or bath, scoop 1-2 teaspoons of scrub and rub into your skin in a circular motion. The sugar will exfoliate and then melt away in the warm water. Rinse off completely.

This recipe is a larger batch that can be used as is or split up into four parts to make four different kinds of scrubs. Below are four different combinations! Essential oils can also be used instead of fragrance oils along with different clay and herb combinations.

Skill Level: Easy

Duration: 20 minutes

Makes: 38 oz.

Scrub 1: Dried Rose Buds, French Pink Clay, Rose Dusk Fragrance Oil

Scrub 2: Dried Calendula, French Yellow Clay, Nightscape Fragrance Oil

Scrub 3: Dried Mint Leaves, French Green Clay, Earth & Woods Fragrance Oil

Scrub 4: Dried Lavender Buds, White Kaolin Clay, Northern Lights Fragrance Oil

Ingredients:

- 20 oz. - Foaming Bath Whip
- 4 oz. - Apricot Kernel Oil
- 14 oz. - Raw Sugar
- 1.2 oz. - Preservative
- 2 TBSP - Clay (2 tsp. each of dividing into 4 parts)
- 0.8 oz. - Fragrance or Essential Oil (0.2 oz. each if dividing)
- 1 tsp. - Ground Herbs

Equipment:

- Scale
- Mixer
- Spoon or Spatula
- Measuring Spoon
- 3 Small Bowls
- 4 - 8 oz. Pet Jars

Instructions:

1. Gather all ingredients, your thoughts, prepare your workspace and sanitize everything.
2. Weigh the foaming bath whip in a mixing bowl and add preservative.
3. Mix apricot kernel oil and sugar together in a separate bowl.
4. Add sugar mixture to the foaming bath whip and mix on a low setting until sugar is fully incorporated.
5. Split the mixture into 4 equal parts, approximately 9.5 oz. each.
6. Add some ground herbs, clay (2 tsp.) and fragrance oil (0.2 oz.) for each individual scrub. See above for combinations.
7. Scoop into jars, sprinkle extra botanical herbs on top for some additional love. Cap & label.
8. Clean mixing bowls and enjoy!

