

Body Scrub

Ingredients

1 cup sugar

½ cup coconut oil

Essential oils (approximately 10-15 drops)

Directions

1. Mix together sugar and coconut oil.
2. Add essential oils – add however much works for you.
3. Store in a tight container – I love using mason jars. Use to exfoliate the body a couple times per week by rubbing the scrub into the skin in a circular motion. Wash away.

NOTE: As this recipe contains coconut oil, it will melt if stored in direct sunlight or temperatures over 75 degrees.



Face Scrub

Ingredients

1 cup sugar

½ cup grapeseed oil

1 tbs finely ground coffee beans

4-5 big drops Vitamin E oil

Essential oils (approximately 20 drops)

Directions

1. Mix together sugar, grapeseed oil, coffee, and Vitamin E oil.
2. Add essential oils – add however much works for you.
3. Store in a tight container – I love using mason jars. Use as often as you like. I typically use a scrub every evening after washing my face and use a great overnight moisturizer afterwards.

Body Butter

Ingredients

1 cup raw Shea butter

½ cup almond oil

½ cup coconut oil

¼ cup raw cocoa butter

Essential oils (approximately 20 drops)

Directions

1. Place Shea butter, almond oil, coconut oil, and cocoa butter in medium pot and place on med-low heat. Stir occasionally until fully melted. Remove from heat.
2. Use a strainer and pour ingredients into mixing bowl. Allow to cool and place in refrigerator overnight (or until fully hardened).
3. Remove from the fridge and allow ingredients to soften enough for mixing. This usually takes about 45 minutes. Whip ingredients using a stand mixer or hand mixer. Make sure there are no lumps remaining and everything is fully whipped together.
4. Add essential oils to your preference and store in tight container.

Note: As this recipe contains coconut oil, it will melt if stored in direct sunlight or temperatures over 75 degrees. If melted, you can stiffen it back up by placing it in the fridge and stirring the ingredients together again.

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