Easy Brown Sugar Hand Scrub Recipe

INGREDIENTS
1 cup light or dark brown sugar
1/2 cup coconut oil*
1 teaspoon Vitamin E (available online or at vitamin stores)
1 teaspoon vanilla extract or essential oil such as lemon or lavender (optional)

*Tip: Substitute 1/2 cup of extra virgin olive oil or sweetened almond oil.

INSTRUCTIONS
1. Combine all ingredients (except brown sugar) in a mixing bowl and stir.
2. Add one cup of brown sugar and mix well with a wire whisk or hand mixer (be sure to break up any lumps as you stir).
3. Stop when the mixture resembles moist sand; if the mixture feels too dry, add more oil a few drops at a time, and if it feels too oily, add more brown sugar until the mixture reaches the desired consistency.

4. Rub a small amount into your skin using circular motions.
5. Once the sugar is rubbed in, rinse your hands and follow with a treatment of your favorite lotion.

SUGAR SCRUB TIPS
- Be careful when using this body scrub when bathing; the oils may make the bathtub or shower floor a little slippery.
- Apply a skin lotion for an extra dose of indulgence.
- Pat dry.
- Leave on the skin for a few minutes before thoroughly rinsing under warm water and then.
- Sugar scrubs are not usually recommended for the face.
- Note that contents will settle, so mix the scrub before using.
- Store the brown sugar in an airtight container for up to three months.

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