

Sugar Mermaid Scrub

Ingredients: 1/4 cup white sugar, 1-2 Tbsp cold pressed coconut oil, blue food coloring (or not), blue and/or purple sugar sprinkles (or not), 5-7 drops of lavender essential oil (this batch already has mint added). *The batches provided within this container have all ingredients minus sugar and food coloring.*



Instructions

1. Begin by mixing the coconut oil and white sugar together in a bowl. You can use a fork to simply smash the ingredients together and create your scrub base.
2. If your scrub is too runny, you can add more sugar. If you feel it is too dry, add in a dab of coconut oil until you get the consistency you want.
3. Add in 2 drops of blue food coloring. This will give it a nice blue tint. Mix well.
4. Colorful sugar sprinkles make this mermaid sugar scrub even more fun. Add in a pinch of blue or/and purple sugar sprinkles to liven it up.
5. When you are done, you can always add a few drops of lavender essential oil to the mixture. This will help turn the mermaid sugar scrub into a calming, aromatherapy enriched experience.

Store your mermaid sugar scrub in an air tight container for up to three days. Storing it in the refrigerator can help extend the life of the scrub as well.