

Homemade Body Scrubs 101: The basic ingredients

<http://www.homemade-gifts-made-easy.com/homemade-body-scrub.html>

All body scrubs, even ones you buy in the store, contain just three primary ingredients:

1. An Exfoliant:

- Salt
- Sugar
- Ground coffee
- Oatmeal
- Other options: almond meal, flax meal (linseeds), rice bran, wheat bran, buckwheat, and ground nut shells, cornmeal.

2. A Carrier Oil: It goes without saying, but don't use a nut oil if you have a nut allergy!

- Sunflower Oil
- Sweet Almond Oil
- Jojoba Oil
- Sesame Oil
- Walnut Oil
- Grapeseed Oil
- Olive Oil

3. Fragrance: Here are some suggested blends from the book 'Feeding Your Skin':

Normal: 10 drops lavender, 6 geranium, 4 ylang-ylang

Oily: 8 drops sandalwood, 6 lemon, 6 lavender

Dry: 8 drops sandalwood, 6 geranium, 6 rose

Sensitive: 6 drops chamomile, 4 rose, 2 neroli

Dehydrated: 10 drops rose, 8 sandalwood, 2 patchoulli

Mature: 8 drops neroli, 6 frankincense, 6 ylang-ylang

Acne: 10 drops lemon, 10 cypress, 5 lavender

Devitalised: 10 drops geranium, 6 rose, 4 cypress

Broken capillaries: 8 drops rose, 6 chamomile, 6 cypress

Note that certain essential oils should be avoided by pregnant women.

For sensitive skin, avoid the following oils: basil, cinnamon, clove, lemon, lemongrass, tea-tree, thyme, citrus. Citrus oils in particular can cause sensitivity to sunlight.

BASIC SUGAR SCRUB

Store in an airtight container for up to 1 month

¼ cup olive oil
¼ cup granulated white sugar or brown sugar
2 to 3 drops essential oil (optional)

BASIC SALT SCRUB

Store in an airtight container for up to 1 month

¼ cup olive oil
½ cup sea salt
2 to 3 drops essential oil (optional)

MANICURE IN A JAR

Store in an airtight container for up to 1 month

¼ cup brown sugar
¼ cup olive oil
3 drops vanilla extract
2 to 3 drops lavender essential oil

LEMON-LIME BODY SCRUB

Store in an airtight container in the fridge for up to 1 week

¼ cup brown sugar
¼ cup olive oil
1 ½ teaspoons lemon juice
½ lime, zested

MOCHA BODY SCRUB

Store in an airtight container in the fridge for up to 1 week

¾ cup coffee grounds, brewed
1 teaspoon unsweetened cocoa powder
1 teaspoon vanilla extract
¼ cup brown sugar
1 Tablespoon olive oil

CINNAMON ORANGE COFFEE BODY SCRUB

Store in an airtight container in the fridge for up to 1 week

- ½ cup coffee grounds, not brewed
- ½ Tablespoon salt
- 3 Tablespoons olive oil
- ½ teaspoon ground cinnamon
- 2 Tablespoons orange juice
- 2 to 3 drops peppermint essential oil (optional)

GINGER ORANGE FOOT SCRUB

Store in an airtight container in the fridge for up to 2 weeks

- 1/2 cup white sugar
- 2 Tablespoons olive oil
- 1 Tablespoon orange juice or 6 drops orange essential oil
- ½ teaspoon ground ginger

BASIC DAILY FACE SCRUB

Store in an airtight container for up to 2 months

Adapted from <http://www.crunchybetty.com/no-nonsense-daily-scrub-for-any-skin-type>

- 1 teaspoon finely ground oats
- 1 teaspoon ground almond meal
- 1 teaspoon powdered milk
- ½ to 1 teaspoon liquid of choice

To Customize Your Scrub:

- **Oily Skin:** 2 Tbsp. fine sea salt, 2 Tbsp. finely ground dried peppermint, and/or 5 drops rosemary essential oil.
- **Dry Skin:** 2 Tbsp. powdered milk (try to find full-fat, if you can), 2 Tbsp. finely ground dried calendula, and/or 5 drops Roman chamomile essential oil.
- **Combination Skin:** 2 Tbsp. cornmeal, 2 Tbsp. finely ground dried chamomile, and/or 5 drops lavender essential oil.