

## Soothing Sugar & Sea Salt Scrub

### Ingredients:

- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup sea salt, I use [Light Gray Celtic Coarse Sea Salt](#)
- 1 - 2 T. melted cold-pressed coconut oil
- 3 - 4 drops of therapeutic essential oil (my favorite is lemon), optional

### Directions:

1. Mix sugar, salt, and coconut oil in a small mixing bowl
2. Blend well.
3. Add your essential oil, if using.
4. Store in a glass container

You can use any oil or a combination of pure and healthy oils like:

- Coconut oil
- Avocado oil
- Grapeseed oil
- Olive oil
- Sweet almond oil
- Argan oil

