

# 7 Natural Body Scrub Recipes



Make your own all natural and  
organic sugar body scrub using  
Essential Oils .

**IMPORTANT: Before you start using EO and/or make any DIY product, please read my SAFETY NOTES HERE.**

SHE MAMS WITH OILS

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# Ginger Lime Brown Sugar Scrub



# Ginger Lime Brown Sugar Scrub

**Make this easy Ginger Lime Brown Sugar Scrub to help exfoliate and soften your skin during the harsh winter months. Use one to two times a week on hands, feet, legs, or arms.**

## *Ingredients*

- ¼ cup brown sugar
- ¼ cup turbinado sugar
- ½ cup Fractionated Coconut Oil
- 10 drops Lime oil
- 5 drops Ginger oil

Note: Turbinado sugar is a large grained sugar that helps with deep exfoliation. If you don't have turbinado sugar, you can use all brown sugar.

## *Instructions*

1. Combine brown sugar, turbinado sugar, Fractionated Coconut Oil, and essential oil in a bowl.
2. Stir until well combined.
3. Store in air-tight container.
4. To use, apply a small amount to hands, and scrub for 30 seconds, or until sugar dissolves. Rinse with warm water and pat dry.

# Coconut Sugar Scrub



# Coconut Sugar Scrub

**Smooth, glowing skin is a must-have for warm spring weather. This coconut sugar scrub will help exfoliate dry winter skin and bring back its bright, youthful appearance.**

## *Ingredients*

- 1 cup organic virgin coconut oil
- 1 cup raw cane sugar or Turbinado sugar
- ¼ cup Fractionated Coconut Oil
- 15 drops of your favorite essential oil

## *Instructions*

1. Melt coconut oil in microwave or over double boiler.
2. Once melted, remove from heat.
3. Add Fractionated Coconut Oil and sugar to melted coconut oil.
4. Stir until combined.
5. Add essential oil.
6. Let sit until coconut oil solidifies, stirring every 10 minutes.  
Tip: Put in refrigerator to speed up the cooling process.
7. Stir until well combined and store in an air-tight container.
8. To use, rub on skin and rinse with warm water. Pat dry.

A close-up photograph of a strawberry-lime sugar scrub. A wooden spoon is scooping up a portion of the scrub from a pink bowl. The scrub is a vibrant pink color with a granular texture. In the foreground, a small glass bowl contains a pile of light brown sugar granules. Several fresh strawberries are visible in the background, resting on a dark wooden surface. The entire scene is framed by a thin white border.

# Strawberry-Lime Sugar Scrub

# Strawberry-Lime Sugar Scrub

Are you someone who likes skin care products that smell like fruit? Most fruity skin care products on the market are full of artificial fragrances and chemicals that trick your nose into thinking that it is the real thing, when it really isn't. This DIY Strawberry-Lime Sugar Scrub smells like fresh strawberry jam and can be made at home in just a few easy steps.

## *Ingredients*

1 cup freeze-dried strawberries

1 cup raw turbinado sugar

⅓ cup organic virgin coconut oil

⅓ cup Fractionated Coconut Oil

1 tablespoon vanilla extract

3 drops Lime oil

## *Instructions*

- In a large plastic bag, add strawberries and crush with a rolling pin.
- Add crushed strawberries and sugar into large bowl.
- In a microwavable glass cup, add the organic virgin coconut oil and place in microwave for 15 seconds or until melted.



# Strawberry-Lime Sugar Scrub

- In the glass cup with melted virgin coconut oil, add Fractionated Coconut Oil, vanilla extract, and Lime essential oil.
- Stir until combined and add to bowl with strawberries and sugar.
- Stir until everything is combined. If mixture looks too dry, add 1 teaspoon of Fractionated Coconut Oil at a time until consistency is right.
- Store in airtight container.
- To use, take a handful of scrub into hands and rub together until sugar dissolves.
- Rinse under warm water and pat dry.

# Rejuvenating Coffee Scrub



# Rejuvenating Coffee Scrub

**Make this easy rejuvenating coffee scrub at home. It is a great way to remove any dry skin that has built up over the winter.**

## *Ingredients*

1 cup ground coffee

½ cup brown sugar

¾ cup Fractionated Coconut Oil

¼ cup vitamin E oil

## *Instructions*

1. Combine ingredients in a small bowl.
2. Apply on wet skin and gently rub in circles to help remove dry skin.
3. Rinse with warm water and pat dry.

# Almond Orange Sugar Scrub



# Almond Orange Scrub

**This natural, five-ingredients scrub will help eliminate dead skin cells buildup, and simultaneously boost your mood with the help of Wild Orange oil.**

**Wild Orange oil is also known for its purifying properties and invigorating aroma. Use this scrub in the shower, bath, or as an everyday hand cleanser, and enjoy the benefits of smooth, vibrant skin.**

## *Ingredients*

- 1 handful slivered almonds
- 1 orange peel
- 1 cup of raw cane sugar
- 1 cup of Fractionated Coconut Oil
- 3–5 drops Wild Orange essential oil

## *Instructions*

1. Add almonds, orange peel, Fractionated Coconut Oil, and Wild Orange oil into a food processor and mix until ingredients are well combined.
2. Add sugar and mix well.
3. Store in an air-tight glass container and use 1–2 tablespoons as needed.
4. Apply on wet skin and gently rub in circles to help remove dry skin.
5. Rinse with warm water and pat dry.



# Green Tea Peppermint Sugar Scrub

# Green Tea Peppermint Sugar Scrub

**Treat your skin to this revitalizing and moisturizing scrub.**

**It will help eliminate dead skin cells buildup, and it will also provide an invigorating aroma.**

**Use this scrub in the shower, and enjoy the benefits of smooth, vibrant skin.**

## *Ingredients*

- ½ cup brown sugar
- 2 tablespoon Matcha Green Tea powder
- 1 tablespoon green tea leaves
- ½ cup coconut oil
- 2-3 drops of Peppermint essential oil

## *Instructions*

1. In a large bowl, combine the sugar, matcha, and green tea leaves.
2. Add coconut oil and Peppermint; mix well. Add more coconut oil if you like your scrub to be more moisturizing.
3. Store in an air-tight container for up to one month (two months if refrigerated).
4. Apply on wet skin and gently rub in circles to help remove dry skin.
5. Rinse with warm water and pat dry.

A glass jar filled with white sugar scrub, speckled with dried lavender flowers and green herbs. The jar has a green decorative band around its base and a silver metal clasp. Several lavender flower spikes are scattered around the jar on a wooden surface. The text "Lavender Sugar Scrub" is overlaid in a dark purple serif font.

# Lavender Sugar Scrub



# Lavender Sugar Scrub

**Lavender is well known for its calming and relaxing properties. you can create this simple sugar scrub in just a few minutes, and you can enjoy it in the evening, to help promote a good night's sleep.**

## *Ingredients*

- 2 tablespoons dried lavender flowers
- 1/2 cup coconut oil
- 2 cups sugar
- 15-20 drops lavender essential oil

## *Instructions*

1. In a large bowl, blend together the coconut oil and sugar.
2. Add the Lavender essential oil and mix again.
3. Gently fold in the dried lavender flowers.
4. Spoon the scrub into air-tight containers.
5. To use, wet your skin and scoop out a small amount of the scrub. Rub it all over your skin. Rinse and pat dry.



# Make your own Sugar Scrub

# Make your own Sugar Scrub

**Making your own, personalised sugar scrub is very easy.**

**Follow the guidelines below and add any Essential Oil or dried flowers and herbs of your choice.**

**If the consistency of the scrub is too runny, just add a bit more sugar.**

**Have fun experimenting with different flavours and scents!**

## *Ingredients*

- 1 cup sugar
- 1 cup of coconut oil
- 2 tablespoons dried flowers or herbs
- a few drops of essential oils

## *Instructions*

1. In a large bowl, blend together the coconut oil and sugar.
2. Add the essential oils and mix again.
3. Gently fold in the dried flowers or herbs.
4. Spoon the scrub into air-tight containers.
5. To use, wet your skin and scoop out a small amount of the scrub. Rub it all over your skin. Rinse and pat dry.