

Revitalizing Lemon Sugar Hand Scrub

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MATERIALS

½ cup Raw Brown Sugar

¼ cup Fine White Sugar

2T Extra Virgin Olive Oil

Freshly squeezed juice of ½ lemon

15 drops Lemon Essential Oil

DIRECTIONS

Makes 4-5 applications

Keeps for up to 2 weeks in an airtight container or ziplock bag.

No need to refrigerate

Put all the ingredients in a small bowl and mix together.

Transfer the mixture to a clean jar with a lid or ziplock container. When using the scrub, take a large tablespoon and rub it all over
your hands.

Give yourself a hand massage for about 3-4 minutes before washing
it off with warm water and patting the skin dry.