



Lavender & Coconut Scrub

Description



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Are you wanting to get rid of flaky, dry skin before your Spring Break trip? I wish I was headed to the beach, but weâ€™re staying home this year. Instead my view of water will be melted snow formed into huge puddles at the end of my driveway. I still enjoy a nice body scrub though that helps remove dead skin and leaves you feeling soft and refreshed. I had coconut oil left from another project, which I wrote about [here](#) and wanted to make a scrub for a girls getaway weekend. I searched for homemade scrubs on pinterest and found this one from [Perfectly Flawed Woman](#). I made a few tiny adjustments to the original recipe.

Lavender & Coconut Oil Scrub

- 1 cup raw turbinado sugar
- 1/3 cup sea salt
- 1/2 cup organic coconut oil
- 2 tbsp almond oil (I found this at Target in the oil section)
- 1/2 tbsp Vitamin E oil (you can buy this at the drug store)
- 5-7 drops of lavender essential oil (Young Living sells quality oils which is what I currently use. You can find out more about them [HERE.](#))

I mixed all of the ingredients in a large bowl. This recipe fills roughly one 8 Oz. jar. I found myself adding extra sugar to the mixture so it wasn't as oily. I also melted the coconut oil in the microwave before combining it with the other ingredients.

I found the jars at Target and used black scrapbook paper to cover the lids. Then I used my new Martha Stewart labels which I talked about [here](#) to write the name of the scrub. If I had my friend Julie's creative handwriting skills, it would look much cuter and professional. I then tied some raffia ribbon I had around the jar. The whole project took about an hour to fill 8 jars.

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