## Activity 2: DIY Sugar Scrub

A great way to pamper yourself with self-care is to use a sugar scrub. We’ve provided a couple of recipes for sugar scrubs that you can make at home – another great way to do self-care by spending time to yourself. Or, you can gather a group of friends or family to make these sugar scrubs together.

These also make great gifts. So you could make several and give them out for birthdays, holidays, or just because.

Most ingredients and materials can be found at home or inexpensively at your local dollar store.

### Recipe 1: Coffee Sugar Scrub

#### Ingredients (per jar) and Supplies

* ½ cup coffee
* ½ cup sugar
* ½ cup coconut oil
* 1 tsp cinnamon
* glass jars and lids (mason jars work great)
* craft sticks
* measuring cups and spoons

#### Instructions

1. Add dry ingredients together in the jar.
2. Soften the coconut oil, then add to the jar.
3. Stir the mixture with a craft stick.

That’s it. If you want to do more, you can decorate the jar with ribbon and labels or however you like.

### Recipe 2: Basic Sugar Scrub Recipe

This recipe is very versatile, letting you change up your ingredients as you like. For example, you can use granulated white sugar, brown sugar, superfine sugar, or even sea salt.

All sugar scrubs have oil which helps the skin but also acts as a carrier oil for any essential oils added to your sugar scrub. Make sure not to put any essential oil directly on the skin without diluting it with carrier oil.

#### Ingredients and Supplies

* 1 cup sugar)
* ¾ cup oil (coconut, olive oil, grapeseed, sweet almond, jojoba)
* 1-2 drops essential oil (lavender, tea tree, eucalyptus, peppermint are great options)
* jars and lids (mason jars work well)
* measuring cups and spoons
* mixing bowl

#### Instructions

1. Add sugar to a bowl, then pour in oil. (Coconut oil may need melted/softened in a microwave before added.)
2. If your mixture seems dry, you can add a bit more oil (up to ¼ additional cup).
3. Add 1-2 drops of essential oil and mix well. (You can add an additional 2-3 drops of essential oil if you want a strong scent.)
4. Move the sugar scrub to jar and store with lid on.
5. Decorate as desired.

Recipe adapted from [Garden Therapy](https://gardentherapy.ca/sugar-scrub-recipes/)

### Recipe 3: Coconut Lime Mint Sugar Scrub

This sugar scrub is the perfect scent for summer.

#### Ingredients and Supplies

* ½ cup solid coconut oil
* 1 ½ cups white sugar
* ¼ teaspoon peppermint essential oil
* zest of 1 lime
* mason jars or jars with secure lid
* mixer
* mixing bowl
* rubber spatula

Instructions

1. Add coconut oil and sugar to a stand-up mixer. Using the paddle attachment, mix until blended. (Note: If you do not have a stand-up mixer, you may need to soften the coconut oil slightly in the microwave, then use a hand-mixer to beat the coconut oil and sugar together until blended.)
2. Add remaining ingredients and continue to mix until incorporated.
3. Use a rubber spatula to get all sugar scrub off the sides. Scoop into mason jars with secure lids.
4. Decorate as desired.

Recipe adapted from [A Spectacled Owl](https://aspectacledowl.com/coconut-mint-lime-sugar-scrub-recipe/)