**Mermaid Sugar Scrub**

*Materials:*

1 cup Granulated sugar

¼ cup Coconut oil

Essential oils (optional)

Soap colorant or food coloring (optional)

Food safe glitter or sprinkles (optional)

Containers with lid for storage

Measuring spoons

Stir stick or spoon

*Note:* Leave out colorants for an allergy-free option. You could also use natural items for color, such as tea bags, green leaves, or flower petals.

*Instructions:*

• Mix together the coconut oil and the granulated sugar. A good ratio to begin with is 4 parts sugar to one part oil, but you can add more oil or more sugar to get the consistency that you like.

• If using, add in a couple of drops of food coloring and/or sugar sprinkles, and mix well.

•Once everything has been mixed, add a few drops of essential oils, if desired.

* *Yield:* 1 jar of sugar scrub

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### *Notes:*

If the scrub is not as solid as you would like, add more sugar. If you feel it is too dry, add in a dab of coconut oil until you get the consistency you want.

**How to Store and Gift Homemade Mermaid Foot Scrub**

* Store the mermaid sugar scrub in an airtight container for up to the life of the oil you use (coconut oil is about 24 months).
* Sugar scrubs are best when packaged in single-use containers. If water enters the scrub, mold or bacteria can develop.
* Storing sugar scrubs away from the shower is best, and outside of the bathroom is even better. Hermetic jars (with the seal) are best for scrub storage.
* Storing a sugar scrub in the refrigerator can be refreshing on tired feet, but it won’t extend the life of the scrub.
* If gifting, add a tag or sticker which has tips on use and storage.
* Vary the essential oils to the mixture to turn your mermaid sugar scrub into a calming, aromatherapy enriched experience for any occasion.
* For more fun sugar scrub and bath salts recipes, visit RufflesandRainboots.com