



Lurie Garden Body Scrub

- 1 cup sweet almond, grapeseed, or sunflower oil
- 2 cups Epson, sea, or kosher salt or sugar for a gentler scrub
- 4-8 drops essential oil

1. Place salt or sugar in a bowl.
2. Slowly add oil and mix with salt until desired consistency is reached.
3. Add 4-8 drops of essential oil to give scent to the scrub. Popular oils are lemon, rosemary, and peppermint.
4. Gently rub scrub on skin once a week prior to bathing. Do not use on sensitive areas like your face.

*The oil could make your bath or shower slippery- please use caution.

Variations

- *You can use grated lemon rind or ginger root (processed until fine in a food processor) to scent the scrub instead of using essential oils.
- *You can adjust ratio of salt or sugar to oil to adjust the consistency of the scrub to your personal preference.

*Sweet almond oil can be found at natural food stores such as Whole Foods.