

# LIKE LUSH SUGAR SCRUB



# Ingredients & Tools

❖ Sugar

❖ Oil (Olive Oil or Melted Coconut Oil)

❖ Food Coloring

❖ Essential Oils

❖ Measuring Cup & Spoons

❖ Mixing Spoon

❖ Mason Jar



# Just Some Notes...

- ❖ The ingredients and tools listed are just the basic ones needed. Each page has a different flavor recipe listed, with what it specifically needs.
- ❖ If you don't have something, you can usually leave it out and change it with something else. For the lavender, if you don't have dried lavender, don't use it, just make your scrub purple with food coloring.
- ❖ You can switch up the sugars...you can use white sugar or brown sugar, but most recipes ask for white sugar.
- ❖ You can also switch up the oils...most recipes ask for coconut oil, but you can use olive oil, grapeseed oil, or sweet almond oil.
- ❖ If you want a drier scrub, add some more sugar. If you want a runnier scrub, add some more oil. Do this only after you make the recipe in full and see what you need.



# Birthday Cake Sugar Scrub:

1 cup sugar

¼ cup solid coconut oil (not melted!)

½ teaspoon vitamin E oil (optional)

1 tablespoon rainbow sprinkles

½ teaspoon vanilla essential oil

1 drop red food coloring

In a stand mixer, blend the coconut oil until it's soft. Add in the essential oils and food coloring and blend together until the oil is pinkish. Pour in the sugar and mix. Put in the sprinkles and give it a quick mix by hand. Store in a mason jar or tightly closed container. Scoop it out and store in a mason jar or tightly closed container. Label it "Birthday Cake Sugar Scrub."



Recipe & Photo from [everydaylaura.com](http://everydaylaura.com)

# Creamsicle Sugar Scrub:

1 ½ cups sugar

½ cup solid coconut oil (not melted!)

½ teaspoon vitamin E oil (optional)

10 drops orange essential oil

1 teaspoon vanilla extract

3 drops orange food coloring

In a stand mixer, blend the coconut oil until it's soft. Add the sugar, vitamin E oil and vanilla extract and mix well. Scoop out ½ of the mixture and mix it in a different bowl with the essential oil and food coloring. Swirl both scrubs together. Store in a mason jar or tightly closed container. Label it "Creamsicle Sugar Scrub."



Recipe & Photo from tealnotes.com

# Coconut Lime Mint Sugar Scrub:

1 ½ cups sugar

½ cup solid coconut oil (not melted!)

½ teaspoon vitamin E oil (optional)

¼ teaspoon peppermint essential oil

1 lime zested

In a stand mixer, blend the coconut oil and sugar until mixed together. Mix in the rest of the ingredients really well. Store in a mason jar or tightly closed container. Label it “Coconut Lime Mint Sugar Scrub.”





# Rose Petals Sugar Scrub:

1 cup sugar

½ cup solid coconut oil (not melted!)

½ teaspoon vitamin E oil (optional)

½ teaspoon rose essential oil

1 cup dried rose petals

Grind the rose petals in a food processor until it's small flakes. In a stand mixer, blend the coconut oil until it's soft. Mix in the rest of the ingredients really well. Store in a mason jar or tightly closed container. Label it "Rose Petals Sugar Scrub."



Recipe & Photo from [settingforfour.com](http://settingforfour.com)

# Lavender Sugar Scrub:

1 cup sugar

½ cup solid coconut oil (not melted!)

½ teaspoon vitamin E oil (optional)

15 drops lavender essential oil

2 tablespoons dried lavender

In a stand mixer, blend the coconut oil until it's soft. Mix in the sugar and blend until combined. Add in the rest of the ingredients and mix really well. Store in a mason jar or tightly closed container. Label it "Lavender Sugar Scrub."



Recipe & Photo from [thelifeofjenniferdawn.com](http://thelifeofjenniferdawn.com)



# Matcha (Green Tea) Sugar Scrub:

1 ½ cups sugar

1 cup solid coconut oil (not melted!)

½ teaspoon vitamin E oil (optional)

2 loose green tea bags (leaves inside)

2 teaspoons green tea powder (optional)

In a stand mixer, blend the coconut oil and vitamin E oil until soft. In another bowl, mix together sugar, green tea powder, and leaves inside of the green tea bags. Add this mixture to the blended oils and mix until combined. If not using green tea powder, you can use green food coloring if you want the sugar to be colored. Store in a mason jar or tightly closed container. Label it “Matcha (Green Tea) Sugar Scrub.”



Recipe & Photo from [dearcissy.com](http://dearcissy.com)

# Pina Colada Sugar Scrub:

1 cup sugar

½ cup melted and cooled coconut oil

½ teaspoon vitamin E oil (optional)

15 drops pineapple essential oil

3 drops yellow food coloring

Mix the sugar and food coloring together until the sugar is yellow. Mix in the rest of the ingredients really well. Store in a mason jar or tightly closed container. Label it “Pina Colada Sugar Scrub.”



Recipe & Photo from [thelifeofjenniferdawn.com](http://thelifeofjenniferdawn.com)



# Pink Lemonade Sugar Scrub:

1 cup sugar

½ cup oil (almond, olive or coconut)

½ teaspoon vitamin E oil (optional)

15 drops lemon essential oil

3 drops pink food coloring

Mix the sugar and food coloring together until the sugar is pink. Mix in the rest of the ingredients really well. Store in a mason jar or tightly closed container. Label it “Pink Lemonade Sugar Scrub.”



Recipe & Photo from [suburbansimplicity.com](http://suburbansimplicity.com)



# Pumpkin Spice Sugar Scrub:

1 cup brown sugar

½ cup oil (almond, olive or coconut)

1 teaspoon cinnamon

1 teaspoon nutmeg

(Or 2 teaspoons pumpkin pie spice)

½ teaspoon vanilla extract

½ teaspoon vitamin E oil (optional)

Mix the ingredients really well in a large bowl.  
Store in a mason jar or tightly closed container.  
Label it “Pumpkin Spice Sugar Scrub.”



# Vanilla Brown Sugar Oatmeal Scrub:

1 cup sugar

½ cup oil (almond, olive or coconut)

½ teaspoon vitamin E oil (optional)

1 teaspoon vanilla extract

¼ cup rolled oats

Blend rolled oats until fine and almost powdery. Mix the sugar and oil in a large bowl until well combined. Add in the rest of the ingredients and mix really well. Store in a mason jar or tightly closed container. Label it “Vanilla Brown Sugar Oatmeal Scrub.”

