



Honey Chamomile Sugar Scrub

a cleansing, honey sweet sugar scrub

Ingredients

- 3/4 cup Demerara Sugar
- 2 ounces Camellia Seed Oil
- 1 tablespoon Honey Granules
- 20 drops Roman Chamomile Essential Oil
- 5 drops Organic Lemon Essential Oil
- 10 drops Grapefruit Seed Extract (optional)

This recipe makes about four ounces of scrub.

Directions

1. Combine the Demerara Sugar and Honey Granules in a small mixing bowl.
2. Add the Camellia Seed Oil followed by the Essential Oils and Grapefruit Seed Extract.
3. Stir well, then transfer to a clean jar.

Usage & Packaging

This scrub will look great in our PET Jars. I like to pack my sugar scrubs in single serving, 2 ounce jars. This helps encourage folks to use up the entire scrub at once, avoiding issues with long term storage and contamination.

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