

Grapefruit Lavender Sugar Scrub from *Urban Sacred Garden*



Lately, I've taken some time to create some homemade bath products. It is simple and basic (not to mention, fun to test out on my Mom). There is something really satisfying about knowing exactly what you're putting on your body. I was using this sugar scrub in the shower for the first time and picked up my store bought sugar scrub from a major retailer to look at the ingredients. I didn't recognize any ingredient on the list - it listed chemical after chemical. To me the feel, texture and results of this homemade product are the same. Make a little for yourself and your friends and put it in some pretty packaging. This is a skin nourishing product with a great scent - Enjoy!

INGREDIENTS

- 1/2 Cup Lavender Scented Body/Bath/Massage Oil*
- 1/2 Cup Freshly squeezed Grapefruit juice from a Ruby Red
- 2 Tbsp Culinary Grade Lavender, finely ground
- A little grated zest from the Grapefruit rind
- 2 Tbsp Honey
- 2 1/2 cups Organic Cane Sugar (or sea salt if preferred)

*There are many varieties, scents and choices for Body Oil. I use Aura Cacia's Lavender Harvest. Keep in mind any allergies when selecting oils.

DIRECTIONS

1. Mix all of the Ingredients thoroughly in a small bowl. (Grind Lavender with a mortar and pestle or food processor.)
2. Keep in a glass or plastic container with a lid. (Be cautious with glass around bathing areas.)
3. Use in the shower or tub and scrub down and rinse with warm water. Be careful on slick surfaces in the bath. Also, keep next to the sink and use as a hand scrub in dry winter months and when gardening. This product can be used on your face, but keep in mind it has an oil base in you have skin that breaks out easily. Also, be sure to keep it out of your eyes as it contains citrus juice.