

Lavender Mint Sugar Scrub BY: Life Elements

INGREDIENTS

- 1 cup sugar
- 1 tbsp lavender *buds from Hambly Farms*
- ¹/₄ cup olive oil *from The Groves on 41*
- ¹/₄ cup healing honey oil *from Life Elements*
- 1 tbsp honey from Sierra Honey Farm
- Lavender Essential Oil 6 drops from Hambly Farms
- Mint Essential Oil 3 drops
- Vitamin E oil add a few drops as preservative

DIRECTIONS

- 1. Gather all ingredients, along with a medium size bowl, glass measuring cup and large metal spoon
- 2. Put dry ingredients in bowl
- 3. Stir in olive oil, healing honey oil, and honey into the bowl of dry ingredients
- 4. Stir in Vit E and essential oils
- 5. Fill into 12 oz jar
- 6. GIVE or ENJOY!

