

DIY Green Tea Sugar Scrub with Rose & Sandalwood Essential Oils

Ingredients:

- 1 mason jar or plastic jar (if you prefer not to use glass in the shower)
- 1 cup of fine cane sugar (you want the sugar to have smaller grains so that it can exfoliate the skin)
- 1 tablespoon of green tea
- 1/4 to 1/2 cup of doTERRA Fractionated Coconut Oil (Where to buy)
- 5 drops of doTERRA Sandalwood oil (Where to buy)
- 10 drops of doTERRA Rose touch oil (Where to buy)

Directions:

Mix all the ingredients together in the jar and keep covered until ready to use.

To use, rub a spoonful over wet skin in the shower or bathtub. Avoid using on your face since the sugar may be too coarse for delicate facial skin. Using coconut oil can make surfaces slippery so be mindful when using in the tub or shower.