

Ginger Spice Sugar Scrub

Ingredients:

1/2 cup granulated sugar

3 Tbs Fractionated Coconut Oil ([where to buy](#))

5 drops doTERRA Ginger oil ([where to buy](#))

2 drops doTERRA Cinnamon Bark oil ([where to buy](#))

1/2 tsp pumpkin spice seasoning

4 oz mason jar or similar

Directions: Mix all ingredients in a bowl until combined. Store in an airtight container. To use, massage small amount over damp skin for 30 seconds or until sugar dissolves, then rinse with warm water. Great to use in the shower or bath. Makes one, 4 oz jar.

Check out how simple it is to whip up this sugar scrub recipe [here!](#)