

DIY body scrubs

Tumeric sugar scrub:

- 1/2 cup granulated sugar
- 1/4 cup coconut oil / oil of choice
- 1 tablespoon tumeric
- essential oils (optional)



Whipped sugar scrub:

- 1/2 cup granulated sugar
- 1/4 cup coconut oil (solid)
- 1/4 cup shea butter
- 1 teaspoon vanilla extract / own flavoring extract
- Few drops essential oil (optional)



Coffee sugar scrub:

- 1/2 ground coffee
- 1/4 cup brown sugar
- 1/4 cup coconut oil / oil of choice
- 1 teaspoon vanilla essence



Body Scrubs Super Simple Diy Recipes

Rhoda Meyer



Body Scrubs Super Simple Diy Recipes:

Homemade Body Scrubs & Masks for Beginners Lindsey P, 2015-04-13 Exfoliation should always be a part of your skincare routine. This helps unclog your pores, slough off dull skin, balance sebum production, and even out your complexion. Importantly, exfoliation keeps the skin healthy, young-looking, and more glowing. The good news is that you don't have to purchase expensive exfoliators and masks to have beautiful skin. You can easily make your own scrubs with the use of different items that are found in your home and garden. By creating your own skincare product, you can be sure that the ingredients are not just effective but safe and natural too. Try making these body scrubs and facial masks today. [Organic body scrub recipes](#) Pamela Godson, 2014-12-18 Live healthy. Replenish your life. Exfoliate. You need this book. It contains over 77 body and facial scrub recipes from natural and simple everyday ingredients around us. No matter how dull, lifeless, and prematurely aged your skin is, a regularly exfoliated skin will reveal a glow that will boost your confidence. From sugar to coffee grounds, oatmeal, and avocados, the several categories in this book make the possibilities for a healthy skin really endless. Those acne, blackheads, wrinkles, fine lines, and sun damage will be effectively dealt with. The inclusion of essential oil to some of the soothing recipes enhances its therapeutic effect, leaving you with a vibrant, youthful, and radiant skin. Also, all the recipes are made from natural ingredients, so it's goodbye to chemically laden store-bought products which eventually worsen the condition of our skin. Again, exfoliation is a necessity, and this book makes it so easy. Exfoliating with these body scrub recipes will remove excess oil, increase blood circulation, reduce cellulite, and allow new cells to regenerate. And that's not all; they will do a whole lot more if you just take time to read the several benefits as well as other wealth of information contained in this delightful little book. Some of the recipes are: White Chocolate Strawberries Scrub, Totally Herbal Body Exfoliant, Cleansing Aromatic Salt Glow, Seedy Oatmeal Body Scrub, Christmas Scent Sugar Scrub, Vanilla Almond Scrub, Apricot Kernel Scrub. So Why Wait? Simply click the BUY button and download your copy now. [Organic Body Scrubs](#) Rhoda Meyer, 2016-07-11 We all need to exfoliate if we must have a radiant, healthy, and youthful skin. However, we must do so naturally. Nature has blessed us with a vast array of organic and healthy exfoliating substances. We need not resort to commercial body scrubs that contain dangerous chemicals which can damage the skin in the long run. We need to be cautious of what we let into our skin. To achieve an enviable glow, we must do away with chemically packed skincare products and embrace all natural organic beauty products. Homemade body scrubs is the solution to a wonderful skin, and it is found in your kitchen, not the store. There are over 175 body scrub recipes in this book. They are easy to make, smell great, and offer incredible benefits. This book is filled with plenty of information that will be of tremendous benefit to you. What are you waiting for? [Homemade Sugar Scrubs Made Simple](#) Jennifer Stepanik, 2013-08-06 *Homemade Sugar Scrubs Made Simple* is a guide on how to make your own sugar scrubs. With a little know-how, you can custom make sugar scrubs to leave your skin soft, smooth, and silky, as well as super hydrated. You only have one body to pamper it with organic, personalised scrubs, and you'll reap the rewards. This ebook will give

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