

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

Cassia Albinson

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 exfoliates and masks to have beautiful skin You can easily make your own scrubs with the use 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 makes these body scrubs and facial masks today 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 pre maturely 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 makes the possibilities to 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 pamper it with organic personalised scrubs and you ll reap the rewards This ebook will give

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- 1. Understanding the eBook Body Scrubs Super Simple Diy Recipes
 - The Rise of Digital Reading Body Scrubs Super Simple Diy Recipes
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Body Scrubs Super Simple Diy Recipes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Body Scrubs Super Simple Diy Recipes
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Body Scrubs Super Simple Diy Recipes
 - Personalized Recommendations

- Body Scrubs Super Simple Diy Recipes User Reviews and Ratings
- Body Scrubs Super Simple Diy Recipes and Bestseller Lists
- 5. Accessing Body Scrubs Super Simple Diy Recipes Free and Paid eBooks
 - Body Scrubs Super Simple Diy Recipes Public Domain eBooks
 - Body Scrubs Super Simple Diy Recipes eBook Subscription Services
 - Body Scrubs Super Simple Diy Recipes Budget-Friendly Options
- 6. Navigating Body Scrubs Super Simple Diy Recipes eBook Formats
 - o ePub, PDF, MOBI, and More
 - Body Scrubs Super Simple Diy Recipes Compatibility with Devices
 - Body Scrubs Super Simple Diy Recipes Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Body Scrubs Super Simple Diy Recipes
 - Highlighting and Note-Taking Body Scrubs Super Simple Diy Recipes
 - Interactive Elements Body Scrubs Super Simple Diy Recipes
- 8. Staying Engaged with Body Scrubs Super Simple Diy Recipes
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Body Scrubs Super Simple Diy Recipes
- 9. Balancing eBooks and Physical Books Body Scrubs Super Simple Diy Recipes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Body Scrubs Super Simple Div Recipes
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Body Scrubs Super Simple Diy Recipes
 - Setting Reading Goals Body Scrubs Super Simple Diy Recipes
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Body Scrubs Super Simple Diy Recipes
 - Fact-Checking eBook Content of Body Scrubs Super Simple Diy Recipes

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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