Homemade Body Scrubs 101: The basic ingredients

All body scrubs, even ones you buy in the store, contain just three primary ingredients:

1. An Exfoliant:
   - Salt
   - Sugar
   - Ground coffee
   - Oatmeal
   - Other options: almond meal, flax meal (linseeds), rice bran, wheat bran, buckwheat, and ground nut shells, cornmeal.

2. A Carrier Oil: It goes without saying, but don’t use a nut oil if you have a nut allergy!
   - Sunflower Oil
   - Sweet Almond Oil
   - Jojoba Oil
   - Sesame Oil
   - Walnut Oil
   - Grapeseed Oil
   - Olive Oil

3. Fragrance: Here are some suggested blends from the book ‘Feeding Your Skin’:
   - **Normal**: 10 drops lavender, 6 geranium, 4 ylang-ylang
   - **Oily**: 8 drops sandalwood, 6 lemon, 6 lavender
   - **Dry**: 8 drops sandalwood, 6 geranium, 6 rose
   - **Sensitive**: 6 drops chamomile, 4 rose, 2 neroli
   - **Dehydrated**: 10 drops rose, 8 sandalwood, 2 patchouli
   - **Mature**: 8 drops neroli, 6 frankincense, 6 ylang-ylang
   - **Acne**: 10 drops lemon, 10 cypress, 5 lavender
   - **Devitalised**: 10 drops geranium, 6 rose, 4 cypress
   - **Broken capillaries**: 8 drops rose, 6 chamomile, 6 cypress

   Note that certain essential oils should be avoided by pregnant women.

   For sensitive skin, avoid the following oils: basil, cinnamon, clove, lemon, lemongrass, tea-tree, thyme, citrus. Citrus oils in particular can cause sensitivity to sunlight.
**BASIC SUGAR SCRUB**
*Store in an airtight container for up to 1 month*

¼ cup olive oil  
¼ cup granulated white sugar or brown sugar  
2 to 3 drops essential oil (optional)

**BASIC SALT SCRUB**
*Store in an airtight container for up to 1 month*

¼ cup olive oil  
½ cup sea salt  
2 to 3 drops essential oil (optional)

**MANICURE IN A JAR**
*Store in an airtight container for up to 1 month*

¼ cup brown sugar  
¼ cup olive oil  
3 drops vanilla extract  
2 to 3 drops lavender essential oil

**LEMON-LIME BODY SCRUB**
*Store in an airtight container in the fridge for up to 1 week*

¼ cup brown sugar  
¼ cup olive oil  
1 ½ teaspoon lemon juice  
½ lime, zested

**MOCHA BODY SCRUB**
*Store in an airtight container in the fridge for up to 1 week*

¾ cup coffee grounds, brewed  
1 teaspoon unsweetened cocoa powder  
1 teaspoon vanilla extract  
¼ cup brown sugar  
1 Tablespoon olive oil
CINNAMON ORANGE COFFEE BODY SCRUB
Store in an airtight container in the fridge for up to 1 week

½ cup coffee grounds, not brewed
½ Tablespoon salt
3 Tablespoons olive oil
½ teaspoon ground cinnamon
2 Tablespoons orange juice
2 to 3 drops peppermint essential oil (optional)

GINGER ORANGE FOOT SCRUB
Store in an airtight container in the fridge for up to 2 weeks

1/2 cup white sugar
2 Tablespoons olive oil
1 Tablespoon orange juice or 6 drops orange essential oil
½ teaspoon ground ginger

BASIC DAILY FACE SCRUB
Store in an airtight container for up to 2 months
Adapted from http://www.crunchybetty.com/no-nonsense-daily-scrub-for-any-skin-type

1 teaspoon finely ground oats
1 teaspoon ground almond meal
1 teaspoon powdered milk
½ to 1 teaspoon liquid of choice

To Customize Your Scrub:
• **Oily Skin**: 2 Tbsp. fine sea salt, 2 Tbsp. finely ground dried peppermint, and/or 5 drops rosemary essential oil.
• **Dry Skin**: 2 Tbsp. powdered milk (try to find full-fat, if you can), 2 Tbsp. finely ground dried calendula, and/or 5 drops Roman chamomile essential oil.
• **Combination Skin**: 2 Tbsp. cornmeal, 2 Tbsp. finely ground dried chamomile, and/or 5 drops lavender essential oil.