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Make Your Own Simple Sugar Scrub

Want to try making a body scrub at home? This easy recipe uses just a few ingredients and takes about five minutes to make.

You'll Need

- 1 cup granulated sugar
- ¼ cup lightweight oil, such as sunflower, grapeseed, or fractionated coconut oil
- ½ teaspoon vitamin E oil *(optional)*
- A few drops of skin-safe fragrance or essential oil (optional)

Make It

Add the sugar to a clean, dry bowl. Slowly stir in the oil until the mixture resembles damp sand. You want it scoopable—not swimming in oil.

If desired, stir in vitamin E and a small amount of skin-safe fragrance.

Spoon into a clean, dry jar and you're done!

How to Use

Massage a small amount onto damp skin using gentle circular motions, then rinse with warm water. Your tub or shower may become slippery, so use a little extra care.

DIY Tip: Keep water out of the jar. Since this simple home recipe doesn't contain a preservative, always use clean, dry hands or a dry spoon to scoop out your scrub.

Want Us to Do the Fancy Part?

This is a fun little kitchen project—but our handcrafted sugar scrubs are formulated with a carefully selected blend of ingredients for a completely different experience.

Sometimes DIY is fun. Sometimes you just want to open the jar and enjoy. 😊