



D.I.Y Foot Scrub

Here's what you need:

- 1- 8 Oz jar
- Pyrex Measuring Cup
- 1 bowl
- 1/2 cup of sugar (white or brown)
- 1/2 cup of Epsom Salt
- Raw Honey
- Coconut oil
- 5 drops of lemon essential oil - or your favorite oil

Here's what you do:

1. In a Pyrex measuring cup, melt your coconut oil for 30 to 40 seconds
2. In a bowl, add 1/2 cup of sugar and 1/2 cup of Epsom salt.
3. Add a small amount of raw honey (no more than a teaspoon)
4. Add coconut oil: blend and mix well.
5. Add 5 drops of your favorite essential oil and mix well.
6. Scoop your finished foot scrub into a mason jar.