

Pumpkin Spice Body Scrub #1

Supplies:

- Pyrex measuring glass
- Mixing bowl + spoon
- 1 Cup measuring cups for sugar + oil (I use a cup for each)
- One teaspoon for pumpkin spice
- Brown sugar
- Coconut oil or olive oil
- Pumpkin pie spice
- A 16 oz Jar
- Ribbon to decorate your jar with

NOTE: The amount of each ingredient necessary will depend on how much sugar scrub you would like to make. For a 16 oz. batch of sugar scrub, use 2 cups of sugar and 1 cup of oil.

Step 1: Add 16 ounces of brown sugar into your mixing bowl. Stir well to get rid of any sugar clumps.

Step 2: Add melted coconut oil to the sugar in an approximate 2:1 sugar to oil ratio. If you prefer a more liquid consistency for your scrub, add more coconut oil a little bit at a time until the desired consistency is reached.

Step 3: Add 1 teaspoon of Pumpkin spice + mix well.

Step 4: Add the sugar into your jar and finish with autumn-themed ribbon.

Pumpkin Spice Body Scrub # 2

Supplies:

- Pyrex measuring glass
- Mixing bowl + spoon
- 1 Cup measuring cup for sugar
- $\frac{3}{4}$ Measuring cup for oil
- 10 drops of Pumpkin Spice or Pumpkin Pie essential oil
- White sugar
- Coconut oil
- Orange gel food coloring (use gloves to avoid a mess)
- Orange mica powder
- A 16 oz Jar
- Ribbon to decorate your jar with

NOTE: The amount of each ingredient necessary will depend on how much sugar scrub you would like to make. For a 16 oz. batch of sugar scrub, use 2 cups of sugar and $\frac{3}{4}$ cup of oil.

Step 1: Add 16 ounces of white sugar into your mixing bowl.

Step 2: Add melted coconut oil to the sugar in an approximate 2:1 sugar to oil ratio. If you prefer a more liquid consistency for your scrub, add more coconut oil a little bit at a time until the desired consistency is reached.

Step 3: Add a few drops of orange gel food coloring, mix well + use gloves to get rid of any uneven color. *You can also add $\frac{1}{2}$ teaspoon of orange mica powder

Step 4: 10 drops of Pumpkin Spice or Pumpkin Pie essential oil. Mix well.

Step 5: Add the sugar into your jar and finish with autumn-themed ribbon.