



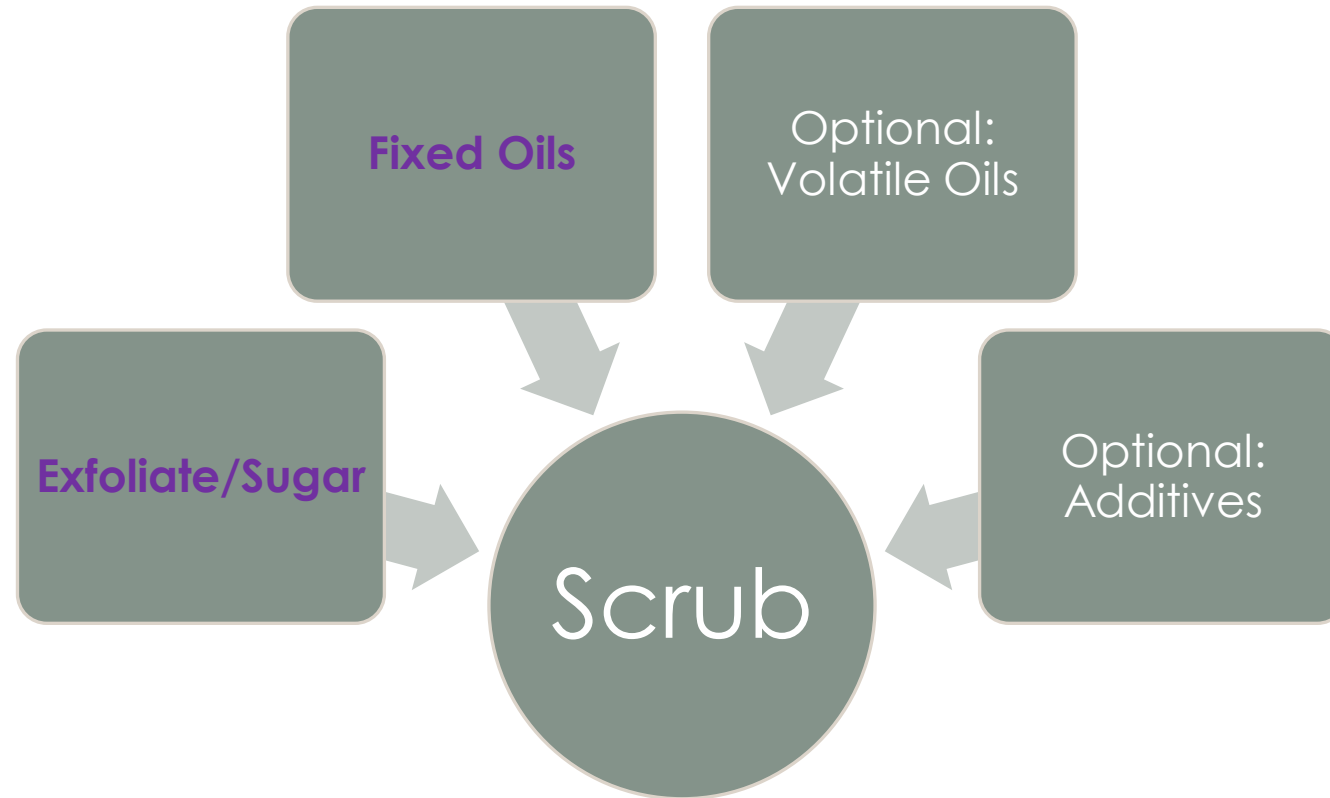
# DIY Series: The Perfect Sugar Scrub

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GET YOUR GLOW ON!

# What is a Scrub?

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# Why Use Sugar?

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Readily  
dissolves

Affordable &  
Accessible

Easy going  
down the drain

- Rather than clays,  
flours

Is its own  
preservative

Supports Acid  
Mantle

Weak/Mild  
humectant

# Let's Talk Sugar

Remember, you don't HAVE to use sugar. But it's a good place to start.  
Let's look at 3 types:

Large/ Coarse Granules  
(Turbinado)

"Regular" Sugar  
(White)

Caster Sugar  
(Superfine/Baker's)

e.g., "Sugar  
in the raw"

More  
abrasive

Body-care,  
not facial  
Need less  
fixed oil

Acceptable  
for most skin  
types

Easy to find  
&  
affordable

Use  
"average"  
ratio 1:4

Pricier

More  
suitable for  
face care

Need  
slightly more  
fixed oil  
(1oil :3  
sugar)

# Scrubs: Benefits

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**Stimulate:** blood & lymph circulation

**Smooth:** exfoliate & unblock pores

**Soften:** nut/seed oils nourish

**Prepare:** skin to receive a cream, lotion, butter or gel

**Sugar:** support acid mantle, soften skin & attract moisture

**Nut/Seed Oils:** soften & nourish

# Ingredients & Equipment for Scrubs

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Mixing bowl

Measuring cups  
and spoons

Spatula

Lidded container  
to hold the scrub

Sugar

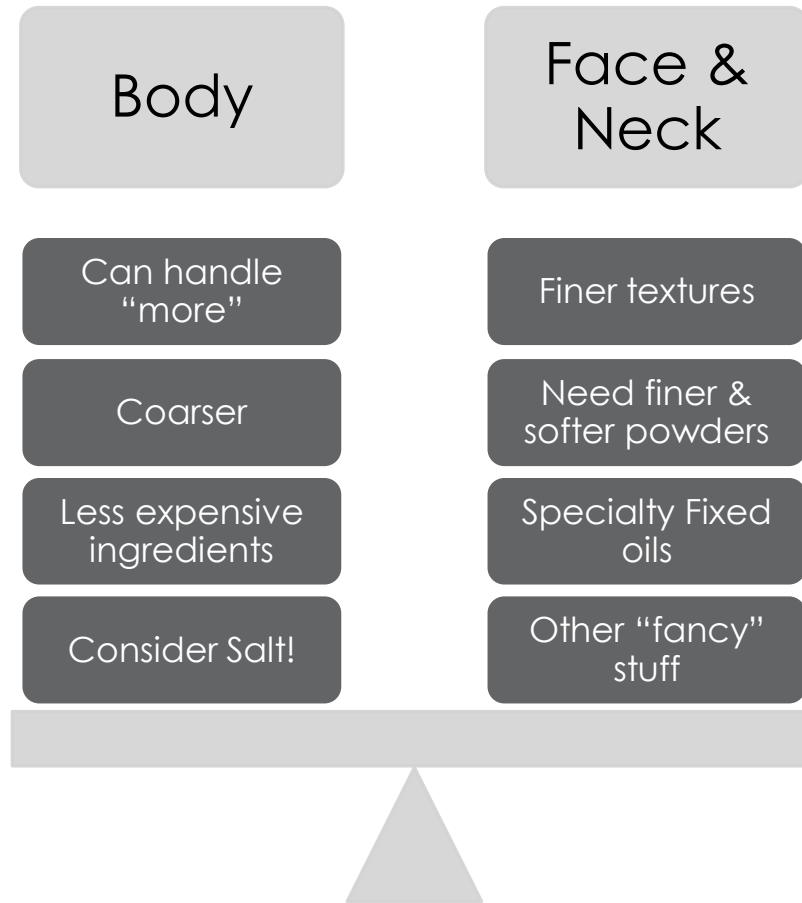
- Course or fine?
- Organic?

Nut/Seed oils of  
your choice:

- Organic: sunflower, olive, sesame or sweet almond

# Sidebar: Scrubs for...

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# Get Creative with Ingredients!

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Make it super aromatic with Essential oils

Ground coffee

Cornmeal

Baking soda

Ground Oats

Ground flax

Seaweed Powder

Fruit Powders

Dried flowers (powdered)

Clay

Honey

& More! **Have FUN!**

# Formulating Guidelines with EOs

## Ratio/%

**1:4 = 20%/80%**

1/4 cup nut oil\* to 1 cup dry material (sugar + enhancers)

(1 cup = 16 tbsp = 48 tsp)

## Adding EOs

“Folk” way: 15 to 20 total drops of essential oil per cup

Formulation Practice:

- **0.5% Essential oils**  
19.5% Nut/Seed Oil  
80.0% Dry Material (where sugar content is at least 50%)

## Example:

~1 cup = ~ 250 ml

1.25 ml Essential oils (where ~20 drops is 1 ml = 25 drops)

48.75 ml Nut/Seed oil (round up to 50)

200 ml Dry material

# Making a Sugar Scrub (Yield: 1 cup)



# Essential Oil & Formulating Tips

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## **Consider using less expensive essential oils.**

You are washing off the product. True, the essential oils will want to stay with the nut/seed oil but I think you get the point. This is not to say a less expensive oil is inferior to a pricier oil! Cost often has to do with the amount of essence an aromatic plant may produce for itself, and therefore obtained through distillation or extraction.

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## **0.5% (~25 drops) to 1% MAX (50 drops)**

50 Drops of Essential oils = A LOT. Go for 0.5% for most of your scrubs, especially when making a facial scrub!

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## **Substitute!**

**Swap out** sugar for salt to make a "GLOW" (dead sea and magnesium sulfate--but use fine grains! Salt is more likely to micro-tear!)

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Totally omit the sugar and fixed oils and add the essential oil & salt mixture to a bath soak!

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# Essential Oil Blending Inspiration

## Invigorate & Flush

- 15 drops **Grapefruit** (*Citrus x paradisi*) or **Mandarin** (*Citrus reticulata*)
- 5 drops **Juniper berry** (*Juniperus communis*) or **Cypress** (*Cupressus sempervirens*)
- 4 drops **Rosemary** (*Salvia rosmarinus*) or **Eucalyptus globulus**

## Balance & Modulate

- 7-8 drops **Palmarosa** (*Cymbopogon martinii*) or **Geranium** (*Pelargonium graveolens*)
- 5 drops **Cedarwood** (*Cedrus atlantica* or *C. deodora*) OR **Patchouli** (*Pogostemon cablin*)
- 10 drops **Sweet Orange** (*Citrus sinensis*) or **Petitgrain** (*Citrus aurantium* var *amara* leaf)

## Calm & Relax

- 15 drops **Lavender** (*Lavandula angustifolia*) or **Coriander seed** (*Coriandrum sativum*)
- 1-2 drops **Roman chamomile** (*Anthemis nobilis*) or **Catnip** (*Nepeta cataria*)
- 6 drops **Sweet marjoram** (*Origanum majorana*) or **Clary sage** (*Salvia sclarea*)

# Usage Instructions & Tips

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Take a tablespoon of scrub from the jar.

- USE A SPOON!!!!

“Soften” the Scrub

- With wet hands rub the scrub between your hands a few times to start breaking down the sugar so it is easier to apply to your skin.

Work in Circles

- Start applying to the area you want to address in circular motions.

Leave on for Max Benefits

- Consider leaving the scrub on your skin for a minute or more to reap in the benefits, especially if you have added botanical ingredients like essential oils or clay

Rinse off and enjoy your soft, bright and invigorated skin!

# More Tips!

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## Don't Over-use!

- Use on your Face: 1 – 2 x/week & on your Body 2 – 3 x/week

Avoid on delicate or thin skin, varicose veins, moles and broken skin

Optional: Follow with a cream, lotion or body oil

- You may not need a follow-up product as the nourishing oil in the scrub may be all you need!

# Appendix

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BONUS IDEAS

# Rosemary Gladstar: “Cleansing Grains”

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## FaceTime!

### Facial Care:

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- Soft
- Gentle
- Good for days when you don't want to use an oil-based cleanser

## General Ingredients

### General Ideas: %

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- 50% clay (rhassoul, rose, green....)
- 25% finely ground organic oats
- 10% almond meal, chickpea flour, frankincense powder
- 10% ground rose petals, chamomile, calendula
- 5% fruit powder

## Steps!

### Super simple

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- Combine in glass jar with lid
- Use 1-2 tsp per application
- Add water or hydrosol to activate (OR, add oil, using your desired ratio!)
- Leave on 5 minutes then rinse off.