

Exfoliating Body Polish

INGREDIENTS

MAKES APPROX 5.5 OZ

BASE

- 1/2 CUP SUGAR (ANY SUGAR YOU HAVE ON HAND WORKS)
- | TABLESPOON COCONUT OIL
- | TABLESPOON ALOE VERA

OPTIONAL

- | PINCH CLAY (ANY MINERAL CLAY POWDER WORKS)
- 10-20 DROPS ESSENTIAL OIL OF YOUR CHOICE

EQUIPMENT

- | AIR TIGHT JAR
- | MEDIUM SIZE BOWL
- | SMALL WHISK
- | SMALL SPOON

INSTRUCTIONS

1. START BY ADDING ALL BASE INGREDIENTS TO YOUR BOWL, THEN MIX WELL UNTIL YOU GET A PASTE-LIKE MIX AND THE COCONUT OIL AND ALOE VERA ARE FULLY ABSORBED.
2. IF ADDING OPTIONAL INGREDIENTS, START WITH THE CLAY, MIX WELL, THEN ADD ESSENTIAL OILS AND WHISK UNTIL FULLY INCORPORATED.
4. TRANSFER YOUR FRESHLY MADE BODY POLISH INTO A CLEAN CONTAINER AND LABEL. STORE IN A DRY AND COOL PLACE FOR UP TO 6 - 12 MONTHS.
5. ENJOY!