

## Grapefruit Honey Sugar Scrub

Total Time 5 mins

Yields: approximately 2 1/2 cups

### Ingredients

- 2 cups granulated sugar + 1/2 cup more if needed, preferably organic
- 1/4 cup coconut oil, preferably organic
- 1/4 cup honey, preferably organic
- 1 cup extra virgin olive oil, preferably organic
- grapefruit essential oil, or essential oil of your choice

### Instructions

1. Place the sugar in a food processor and pulse several times until the granules are smaller. (note: this step is optional but will make the scrub more gentle, especially on sensitive skin.)
2. In a microwave-safe bowl, heat the coconut oil and honey together briefly until the coconut oil is just melted, approximately 10-20 seconds.
3. Place 2 cups of the sugar in a medium-sized bowl and stir in the coconut oil/honey mixture, followed by the olive oil. If desired, stir in an additional 1/4 - 1/2 cup sugar until the desired ratio of sugar to oil is reached (the oil shouldn't be seeping but there should be some excess).
4. Add the grapefruit essential oil until fragrant (I like a strong fragrance and added over 30 drops to mask the coconut smell).

### Notes

Organic ingredients are not required, but conventional ingredients are more likely to be processed with chemicals. Since this product is being scrubbed into the skin, I prefer to use organic.