

Lip Scrub

MATERIALS

- 1 Tablespoon Organic Coconut Oil
- 2 Tablespoons Sugar
- 1-2 Drops of Flavoring Oil
- 1-2 drops of Food Coloring



DIRECTIONS

1. Put 1 Tablespoon of organic coconut oil into a small mixing bowl.
2. Gradually add your sugar to the bowl until you reach your preferred texture. A 2:1 ratio of sugar to coconut oil was a good starting place. You can adjust there for a more or less grainy texture.
3. Mix in your flavoring oil and then your coloring. A little goes a long way for both of these so be sure to use them sparingly.
4. It is important to note that some coloring will stain your lips if you use too much.

HOW TO USE

1. Use your fingertip to transfer a small amount of scrub onto your lips.
2. Spread the scrub around and simply use your finger or a toothbrush to exfoliate away any dry or dead skin.
3. Use water to wash off anything left over.
4. Pat your lips dry with a towel, then follow up with your favorite lip balm.