

## **Food Scrub**

Written by Administrator

Wednesday, 25 May 2011 04:34 - Last Updated Wednesday, 25 May 2011 04:56

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Learn how to make your own hand and foot scrubs to naturally exfoliate your skin

### **Oatmeal Hand and foot scrub**

#### **Ingredients:**

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1/4 cup oatmeal or 1 packet instant oatmeal

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3 tbs. Olive oil

#### **Instructions:**

Mix ingredients in a bowl. Massage into feet or hands for 5 minutes. Rinse well.

### **Brown Sugar Skin Scrub!**

#### **Ingredients:**

- 2 tbs. olive oil

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- 1/4 DARK brown sugar

### **Instructions:**

Mix into a paste Rub into hands or feet for 5 minutes. Rinse well. This also works great on the face!!!

## **Anti-Aging Hand Scrub**

### **Ingredients:**

- 1 tbs. Flax seed oil
- 1 vitamin E caplet oil
- 1/4 cup ground almond meal or corn meal

### **Instructions:**

Combine and massage into hands. rinse well.

## **Apricot Skin Scrub**

### **Ingredients:**

- 1/2 cup of brown sugar
- 2 tbs lemon juice
- 2 tbs apricot oil

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### **Instructions:**

Combine and massage into hands. rinse well. Scrub into the nail bed. The lemon juice will also help remove any nail stains!

## **Applesauce Scrub**

### **Ingredients:**

- 1 apple, purred or 3 tbs applesauce
- 2 tbs. dark brown sugar
- 1 tbs Olive oil

### **Instructions:**

Combine ingredients and massage into hands. Rinse well. Apple juice is a natural exfoliate.

## **Nail Whitening Scrub**

### **Ingredients:**

- 1 tablespoon Lemon juice
- Enough Baking Soda to make a paste

### **Instructions:**

Combine ingredients and massage into nails. Rinse well.

### Peppermint Foot Scrub

#### Ingredients:

- 10 tsp. grape-seed oil
- 3 drops eucalyptus oil
- 4 drops rosemary oil
- 2 drops peppermint oil
- 4 tbs dark brown sugar

#### Instructions:

Combine ingredients. Store in a small glass jar. Warm up oil before doing any massage.  
Refreshing feeling!

### Strawberry Foot Exfoliating Scrub

#### Ingredients:

- 4 Strawberries
- 3 tablespoons Dark Brown Sugar
- 2 tablespoons olive oil

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### Instructions:

Mash or puree strawberries, add olive oil and sugar. Massage into feet to smooth. Strawberries are high in Alpha Hydroxy acids, great for exfoliating!

## Scrub Recipe

### Lavender Hand

### Ingredients:

- 6 tablespoon grape seed oil
- 10 drops of lavender essential oil
- 5 drops of geranium essential oils
- 5 drops of rose essential oils
- 1 tablespoon Brown sugar PER wash

### Instructions:

Add carrier oils to a clean, dark glass bottle. Add essential oils. Gently shake to blend before each use. Store in a dark, glass bottle in a cool place. Add the brown sugar to hands, right before you are going to wash. Apply a small amount to hands and massage to cleanse.

## Cocoa Butter Hand Scrub Recipe

### Ingredients:

- 6 tablespoons cocoa butter
- 2 1/2 tablespoons grape-seed oil
- 2 1/2 tablespoons water
- 5 drops sandalwood
- 1 tablespoon Brown sugar PER wash

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### **Instructions:**

In a microwave, melt the cocoa butter then add in the water and grapeseed oil. Do not overheat. Wisk until room temp then add Eos. Store in a glass jar. Add the brown sugar to hands, right before you are going to wash.

## **Hand Body Polish**

### **Ingredients:**

- 1/2 cup sugar
- 2 tablespoons almond oil
- 5 drops lavender essential oil.
- 5 drops grapefruit essential oil

### **Instructions:**

Mix all ingredients in a small glass or plastic bowl. Apply a small amount to hands and massage for 2-5 minutes. Rinse well.

## **Hand Smoothing Polish**

### **Ingredients:**

- 1/2 cup sugar
- 2 tablespoons almond oil
- 2 drops ylang ylang
- 2 drops orange essential oil

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### **Instructions:**

Mix all ingredients in a small glass or plastic bowl. Apply a small amount to hands and massage for 2-5 minutes. Rinse well.

## **Lisa's Miracle Hand and Foot Scrub**

### **Ingredients:**

- 1/4 cup Olive Oil
- 1/2 tsp Lavender Oil
- 1 cup Epsom Salt

### **Instructions:**

Mix ingredients, let set for 24 hours. Wash, rinse and dry hands and feet, Then rub gently into skin, take as long as you want to do this, It feels wonderful. Then just wipe off excess with a clean dry, or wet hand towel. Your hands and feet will feel like a baby's bottom.