

## Facial Scrub and Exfoliator

Written by Administrator

Wednesday, 06 August 2008 19:29 - Last Updated Wednesday, 25 May 2011 04:57

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Homemade scrubs are the easiest natural skin care product to make at home yourself. Most of the ingredients are right in your cupboard or you get easily get at the store. Have fun and enjoy!

### Salt Exfoliate

#### Ingredients:

- 1 cup salt, any kind
- 1 cup Carrier oil, any kind
- 1 cup liquid soap

#### Instructions:

Mix all the ingredients and massage into the skin then rinse well. Salt is nature's healing ingredient for all!

### Oatmeal/Almond Scrub

#### Ingredients:

- 1 part ground oatmeal or ground almonds
- 3 to 5 drops of essential oil of choice if desired

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### Instructions:

Mix well with a fork. Use oatmeal for normal skin. Oatmeal is a soothing, softening cleanser, and makes an excellent nonalkaline soap substitute. If your skin is dry, use ground almonds for a good moisturizing cleanser.

### Fruit Mask Exfoliator

### Ingredients:

- 1 papaya
- 1 tsp honey
- 1 tsp lemon juice in blender.

### Instructions:

Mix all ingredients in blender. Apply and then wash off after 20 minutes.

### Barley Scrub

### Ingredients:

- 1/2 cup of ground up Barley

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### Instructions:

Apply to your cleanser and gently scrub face. Rinse well

## Peppermint Lavender Body Scrub

### Ingredients:

- 2 cup rolled oats
- 1 cup almonds
- 2 tsp dried lavender
- 2 tsp dried peppermint
- 2 cup white cosmetic clay

### Instructions:

Melt ingredients together in a food processor. To use: mix 1 heaping tsp of mixture with water to make a paste. Massage into skin then rinse

## Cranberry Sugar Oatmeal Scrub

### Ingredients:

- 1/2 cup frozen cranberries
- 1/4 cup coconut oil
- 1/4 cup sugar

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- 2 tablespoons (+ more if needed) oat powder or ground oatmeal

### **Instructions:**

In a food processor, process all ingredients for 30 seconds. Apply to body with gentle circular motions. Makes enough for 1 body scrub.

## **Sunflower Scrub**

### **Ingredients:**

- 1/2 cup Unsalted sunflower seeds
- small amount of water for mixing

### **Instructions:**

In a food-processor, finely grate the seeds till they are in powder form. A coffee grinder works great for this!! Pour into a bowl and mix with a few drops of water to create a paste. Massage face gently with scrub. Wash off with cool water.

## **Yogurt Almond Scrub**

### **Ingredients:**

- 2 tablespoons ground almonds
- 1/4 cup yogurt

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### Instructions:

Mix together and massage into face. Rinse with cool water. Great for acne.

## Sugar Scrub

### Ingredients:

- 3 Tbl Milk
- About 2 cups white sugar
- 1.5 tsp olive oil
- 1 Tbl honey

### Instructions:

Mix all ingredients until it is not runny. Apply to dry face in a circular motion. Wash off with warm water then cold water pat and dry.

submitted recipe!!! TY!!!!

## Lemon Sugar Scrub

### Ingredients:

- juice from 1/2 of a lemon
- 2 Tbsp table salt
- add sugar until thick but not dry

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### Instructions:

Apply to damp face and let sit 2-3 minutes, then scrub gently using circular motions. Rinse well with warm water.

## Berries and Cream Soothing Exfoliating Mask

### Ingredients:

- 4 med ripe strawberries
- 1 tbs heavy cream
- 1 tbs honey

### Instructions:

Puree strawberries in a blender or food processor. Add cream and honey to the puree to form a thick mixture. Apply to clean face avoiding eye area. Leave on for 10 minutes. Rinse off with warm water.

## Sugar & Spice Scrub

### Ingredients:

- 1 tablespoon granulated sugar
- 1 tablespoon dark brown sugar
- 1 tablespoon almond oil
- 2 tsp pure vanilla extract
- 1 Tbsp ground oatmeal
- 1 tsp cinnamon

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### Instructions:

Combine all ingredients. Scrub face with mixture 2-3 minutes then rinse.

### Exfoliation mask

### Ingredients:

- baking soda
- hydrogen peroxide
- water

### Instructions:

Mix into a paste and apply to your skin. Let dry on the skin then wash off with cool water.

### Coconut Island Sugar Body Scrub

### Ingredients:

- Brown Sugar
- 3 oz Coconut Oil
- 15 drops Sweet Orange Essential Oil
- 1/2 teaspoon Vitamin E oil

### Instructions:

You can mix the oils ahead of time and store in a glass bottle. Add enough of the oil mixture to brown sugar right before using. Coconut oil has a great shelf life. Coconut oil absorbs quickly and easily into your skin, leaving it moisturized and protected without feeling greasy.

## Apricot Orange Body Scrub

### Ingredients:

- 1 cup Apricot Kernel Meal
- 3 oz Apricot Kernel Oil
- 1 oz Almond Oil
- 15 drops Sweet Orange Essential Oil
- 1/2 teaspoon Vitamin E oil

### Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar.

## Delightful Hemp Body Scrub

### Ingredients:

- 2 cups Dead Sea salt (fine)
- 1/2 cup Hemp Seed Oil



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- 4 tablespoons Avocado Oil
- 1/2 cup liquid Castile soap or shower gel base
- 15 drops Lime Essential Oil

### Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar. Dead Sea salt exfoliates and revitalizes the skin and helps draw out toxins. Hemp seed oil is a light, balancing and hydrating oil.

## Divine Lavender Body Scrub

### Ingredients:

- 3 oz Avocado Oil
- 1/2 oz Aloe Vera Gel
- 1/2 oz Castile Soap
- 1/2 cup Dead Sea Salt
- 1 tbs Lavender Flower Powder
- 10 drops Lavender Essential Oil

### Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar.

## Tea Tree Body Scrub

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### Ingredients:

- 3 oz Avocado Oil
- 1/2 oz Aloe Vera Gel
- 1/2 oz Castile Soap
- 1/2 cup Dead Sea Salt
- 10 drops Tea Tree Essential Oil
- 10 drops Peppermint Essential Oil

### Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar.

## Peppermint Lavender Body Scrub

### Ingredients:

- 2 cup rolled oats
- 1 cup almonds
- 2 tsp dried lavender
- 2 tsp dried peppermint
- 2 cup white cosmetic clay

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### Instructions:

Melt ingredients together in a food processor. To use: mix 1 heaping tsp of mixture with water to make a paste. Massage into skin then rinse

### **Avocado Body Scrub**

### Ingredients:

- 3 oz Avocado Oil
- 1/2 oz Aloe Vera Gel
- 1/2 oz Castile Soap
- 1/2 cup Dead Sea Salt
- 10 drops Lime Essential Oil
- 10 drops Lemongrass Essential Oil

### Instructions:

Mix all ingredients in a bowl. Transfer to large mouth jar.

### **Coffee Cocoa Scrub**

### Ingredients:

- 1 tbs coffee grounds (the finest ones you have)
- 1 tbs cocoa or hot chocolate powder
- 1-2 tbs fresh cream or whole milk

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### Instructions:

Mix ingredients. If the mixture is too thick, add more cream/milk, and if it's too thin, add more coffee and cocoa. Apply to clean, dry face, and leave for 2 minutes. Scrub your face gently in circular motions

Rinse off with warm water.

This scrub is great for all skin types.