

Facial Scrub and Exfoliator

Written by Administrator

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

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

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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.