

# *Peppermint Sugar Scrub*

## **Ingredients:**

An empty jar with a lid

1 cup granulated white sugar

6 candy canes/peppermint candy (approx 1/4 cup), finely crushed into a powder

1/2 cup olive oil (use extra light for better color)

6 drops peppermint essential oil (optional)

Label (if desired)

## **Directions:**

1. Pour the granulated white sugar and crushed peppermint into the jar.

2. But the lid on the jar and shake it to mix thoroughly until the ingredients are well blended.

3. Pour the liquid ingredients into sugar mix.

4. But the lid on the jar and shake it to mix thoroughly until the ingredients are well blended.

5. Label the jar as desired.

## **Notes:**

-If you can find it, a bag of precrushed peppermint candies for baking are excellent for this project!

-Once the candies are broken into chunks, you can use your blender or food processor to further pulverize the candy into a fine powder.

-The courser grains of the broken candy could do damage to delicate facial skin. It may be best to use this scrub strictly as a body scrub and not as a facial scrub.

-For a pinker color use the candy canes that are mostly red with white stripes.



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