



# Relaxing Body Scrub

## Ingredients

- 2 cups brown sugar
- ¼ cup coconut oil
- 10 drops Lavender oil

\* Feel free to add dried lavender petals as well

## Instructions

1. Mix brown sugar, ¼ cup coconut oil and 10 drops of lavender essential oil into a bowl.
2. Use scrub on body, applying in a circular motion
3. Store in airtight container.

This scrub is the perfect solution after a tough day at work. Lavender is a must-have for its calming & relaxing properties, which means using this scrub in the evening is a

lovely way to unwind, ease feelings of tension and soothe you into the evening, helping promote a peaceful night's sleep.