



# 7 salt & sugar **BODY SCRUB** recipes

with tips to create your  
own custom recipes!

vanilla lavender - coffee & sugar - oatmeal & brown sugar - pink lemonade - & more

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As you mix up your scrubs, keep these tips in mind:

- The finer your ingredients are, the more gentle they will exfoliate. You can use coarse salts and sugars for your body & feet. Use finer ingredients for your face.
- Sugars are more gentle than salts. [Brown sugar](#) is more gentle than [cane sugar](#).
- Salt can sting if you have any open cuts or scrapes.
- You want a paste texture. You can adjust the wet / oil to dry ingredients ratio to get your desired texture. A good starting point is about 1 part oil / wet ingredients to 2-4 parts dry ingredients. The ingredients you use (including which carrier oils) will result in different consistencies.
- Your body scrubs will keep for about 2 months after you mix it.
- It's best to use your scrubs on wet skin.
- You can use your scrub 1-3 times per week.

Instructions:

1. Gather your ingredients.
2. Use a [coffee or spice grinder](#) or [food processor](#) to grind dry ingredients if needed.
3. Mix in a medium bowl.
4. Adjust to desired consistency. If it's too thick, add more carrier oil or liquid ingredients. If it's too thin, add more dry ingredients. The consistency will vary depending on which carrier oils and other ingredients you use.
5. Store in an [air-tight container](#).
6. Use 1-3 times per week in the bath or shower. Use coarser scrubs for your body & feet and finer, smoother scrubs for your face.



Go to the full post [here](https://thecrunchymoose.com/blog/41777/7-body-scrubs-for-glowing-skin).

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### 7 Salt & Sugar Scrub Recipes

#### Lavender Vanilla Salt Scrub

- 1/2 cup [sea salt](#)
- 1/2 cup [Himalayan pink salt](#)
- 1/2 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 10 drops of [Lavender Essential Oil](#)
- 10 drops of [Vanilla Essential Oil](#)
- 10 drops [Vitamin E](#)

#### Sugar & Coffee Scrub

- 1/2 cup [organic coffee grounds](#)
- 1/2 cup [pure cane sugar](#)
- 1/2 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 8 drops [Peppermint](#), [Cinnamon](#), or [Thieves Essential Oil](#)
- 10 drops [Vitamin E](#)

#### Oatmeal & Brown Sugar Scrub

- 1/2 cup finely [ground oats](#) (grind in a [grinder](#) or [food processor](#))
- 1/2 cup [brown sugar](#)
- 2 tablespoons [raw honey](#)
- 1/4 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 15 drops essential oil of choice (I like [Frankincense](#), [Lavender](#), [Orange](#), or [Purification](#))
- 10 drops [Vitamin E](#)

#### Activated Charcoal Sugar Scrub

- 1 cup [pure cane sugar](#)
- 1/4 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 1 teaspoon [activated charcoal](#) (about 6 capsules if using capsules; [read about activated charcoal here](#))
- 15 drops of essential oils of choice (I like [Stress Away](#) or [Orange](#) in this recipe)
- 10 drops [Vitamin E](#)

#### Turmeric & Brown Sugar Scrub

- 1 cup [organic brown sugar](#)
- 1/4 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 2 tablespoons [organic turmeric powder](#)
  - [Learn more about turmeric & get more turmeric beauty tips here](#)
- 15 drops of essential oils of choice (I like [Lemon](#), [Ginger](#), or [Thieves](#) in this recipe)
- 10 drops [Vitamin E](#)

#### Pink Lemonade Scrub

- 1/2 cup [pure cane sugar](#)
- 1/2 cup [Himalayan salt](#)
- 1/4 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 1 tablespoon [raw honey](#)
- 20 drops of [Lemon](#) or [Citrus Fresh Essential Oil](#)
- 10 drops [Vitamin E](#)

#### Mint Chocolate Scrub

- 1/2 cup [brown sugar](#)
- 1/2 cup [pure cane sugar](#)
- 2 tablespoons [cocoa powder](#)
- 1/4 cup carrier oil of choice (I like [coconut oil](#) or [V-6](#))
- 10 drops of [Peppermint Essential Oil](#)
- 10 drops [Vitamin E](#)

