



Base Recipe for DIY Lip Scrub

- Combine about 6 teaspoons total in ingredients and store in a 1 oz container
- A general rule is about:
 - 2 teaspoons of something that exfoliates:
 - granulated sugar
 - brown sugar
 - finely ground coffee grounds
 - 2 teaspoons of something moisturizing:
 - coconut oil
 - skin friendly carrier oils like jojoba, almond, grapeseed, etc.
 - honey
 - vitamin E oil
 - up to 1 teaspoon of something that tastes & smells delicious (smaller amounts for essential oils and extracts):
 - cocoa powder
 - essential oils
 - Get the latest deals here
 - vanilla, peppermint, almond, or other food extracts
- coloring as desired (optional)
 - natural food coloring (just 1 drop per recipe)
 - cosmetic mica

Directions:

- Mix all ingredients adjusting the consistency as needed and store in a 1 oz container
- Use 1-2 times per week
- Make in small batches and store at room temperature or in the fridge to extend the shelf life. Your lip scrub will be shelf stable for 2-6 weeks depending on your ingredients. Adding Vitamin E will extend the shelf life.



Go to the full post [here](https://thecrunchymoose.com/lipscrub).
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Mint Chocolate Lip Scrub

- 2 teaspoons granulated sugar
- 3 teaspoons coconut oil or other carrier oil
- 1 teaspoon cocoa powder
- 4-8 drops Peppermint essential oil or peppermint extract
- Optional: 2-4 drops Vitamin E oil

Coconut Lime Lip Scrub

- 3 teaspoons granulated sugar
- 3 teaspoons coconut oil or other carrier oil
- 4-8 drops Lime essential oil
- Optional: 2-4 drops Vitamin E oil

Lavender Lip Scrub

- 3 teaspoons granulated sugar
- 3 teaspoons honey or carrier oil
- 4-8 drops Lavender essential oil
- Optional: 2-4 drops Vitamin E oil

Vanilla Latte Lip Scrub

- 1 teaspoon unbrewed finely ground coffee grounds
- 1 teaspoon brown sugar
- 2 teaspoons honey or carrier oil
- 4-8 drops Vanilla essential oil or 1/4 teaspoon Vanilla extract
- Optional: 2-4 drops Vitamin E oil

Sugar Scrub Lip Scrub

- 3 teaspoons granulated or brown sugar
- 2 teaspoons almond oil or other carrier oil
- 1 teaspoon honey
- 4-8 drops Vanilla essential oil or 1/4 teaspoon Vanilla extract
- Optional: 2-4 drops Vitamin E oil



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