

COFFEE & BAR SOAP SCRUB

FOR SOFT & HEALTHY SKIN!

INGREDIENTS

- $\frac{2}{3}$ c. (85 grams) used, dry coffee grounds
- $\frac{1}{3}$ c. (43 grams) finely grated* Dr. Bronner's Almond Pure-Castile Bar Soap (or soap scent of your choice)

DIRECTIONS

1. Toss the two ingredients together and store in an airtight container.

**I used my box grater, but I think a rotary cheese grater would be much easier if you have one.*



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CITRUS HAND & BODY SCRUB

FOR SOFT & HEALTHY SKIN!

INGREDIENTS

- $\frac{1}{2}$ c. plus 2 Tbsp. (125 grams) granulated sugar
- $\frac{1}{4}$ c. (60 mL) coconut oil (liquid)
- 20 drops sweet orange essential oil
- 10 drops lemon essential oil

DIRECTIONS

1. Mix the ingredients together.
2. Put in a jar with a lid.
3. Refrigerate for about 30 minutes.

Turn this into a Peppermint Foot Scrub with two quick substitutions: Instead of granulated sugar, use the courser Turbinado Sugar (aka "raw sugar") and replace the citrus oils with 20 drops of peppermint essential oil.



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JESSICA'S SUGAR SOAP SCRUB

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INGREDIENTS

- 1 c. (128 grams) organic coconut sugar
- ¼ c. (60 mL) organic grapeseed or avocado oil
- 2 Tbsp. (30 mL) Dr. Bronner's Peppermint Pure-Castile Liquid Soap
- 2 Tbsp. (30 mL) Dr. Bronner's Citrus Pure-Castile Liquid Soap
- ¼ tsp. (1.25 mL) organic vitamin E oil (optional as a preservative)

DIRECTIONS

1. Pour coconut sugar into glass or stainless steel bowl, breaking up any lumps with a whisk or fork.
2. Alternate gradually adding the oil and soap to the sugar, mixing well after each addition, until you've reached your desired consistency. For a more liquid scrub, add more oil and soap. Use less for a dryer scrub.
3. Add organic vitamin E oil if using. Mix well.
4. Store in a glass container with a lid.



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SIMPLE SUGAR SOAP SCRUB

FOR SOFT & HEALTHY SKIN!

INGREDIENTS

- ¼ c. (60 mL) Dr. Bronner's Pure-Castile Liquid Soap
- 1 ¼ c. (160 grams) granulated sugar

DIRECTIONS

1. Place the soap in a bowl and then gradually add sugar, mixing with a fork to blend uniformly.
2. Store in an airtight container.



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