

Mint Sugar Scrub

Follow an easy recipe for an invigorating mint body scrub. The directions make three jars of scrub—one to keep, one to give as a gift, and one you could sell at a holiday bazaar or craft fair.

You will need:

- [Mint Sugar Scrub labels](#) printed in color on card stock
- Microwave
- Three 4-ounce mason jars with lids and bands
- Thin ribbon or twine
- 1/2 cup coconut oil (unrefined for a coconut scent, refined for no scent)
- 1 1/2–2 cups sugar
- Peppermint essential oil or 1 teaspoon peppermint extract
- Green food coloring
- Glue stick
- Hole punch
- Scissors or pinking shears
- Microwave-safe mixing bowl
- Spoon



Display a photo of some jars of [Mint Sugar Scrub](#) to attract crafters.

Directions:

1. Microwave the coconut oil in the mixing bowl for 15 to 20 seconds. The oil should soften but not melt.
2. Add about 10 drops of peppermint essential oil and 2–4 drops of green food coloring. Stir until blended.



3. Gently stir in 1 1/2 cups of sugar. Try not to break the sugar crystals too much. The texture should be grainy. If the mixture is too wet, add up to 1/2 cup more sugar.
 4. Spoon the scrub into the mason jars, put on the lids, and screw on the bands until tight.
 5. Cut the labels along the solid black borders and fold them in half along the dashed lines. Glue the front and back together using a glue stick. Cut out the round label and punch a hole where indicated.
 6. Thread ribbon through the hole and tie it to a jar. As an alternative, place a label between the lid and band and wrap the band with ribbon.
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Using dry
fingers, smooth a small
amount of Mint Sugar Scrub
onto clean, dry skin.
Wet fingers and gently massage
the scrub over your face.
Rinse thoroughly with
lukewarm water
and pat dry.



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