

# Essential Oils For Facial Scrubs

While there are many essential oil choices for using in a sugar scrub recipe, here are 5 that I like to use on delicate facial skin.

## **Lavender Essential Oil (*Lavandula angustifolia*):**

Ok, come on, you knew this one would make the list right?! Lavender is frequently used in skin care routines because of its gently nature and healing properties. It is calming, soothing and regenerative to skin.

## **Frankincense Essential Oil (*Boswellia carterii*):**

This skin friendly oil is renewing and restorative. Frankincense supports youthful, healthy skin so it makes a great addition in any sugar scrub but especially good for facial skin.

## **Geranium Essential Oil (*Pelargonium graveolens*):**

Geranium offers outstanding skin benefits for calming and soothing skin and is frequently found in skin care products.

## **Sandalwood Essential Oil (*Santalum album*):**

One of the higher priced essential oils, sandalwood promotes youthful appearing skin. It offers astringent and emollient properties. Helps to smooth and soothe skin.

## **Tea Tree Oil (*Melaleuca alternifolia*):**

Tea tree is revered for its cleansing and regenerative properties. Frequently use for acne prone skin.

Tea tree may cause irritation for some, test a small patch of skin if you have not used before.

## Homemade Sugar Scrub For Face with Essential Oils

Looking for a simple way to **brighten and exfoliate your face**? Try this homemade sugar scrub, you can whip up this recipe tonight and enjoy the benefits! More than likely, you already have the ingredients needed.

I love to add essential oils to my **DIY beauty recipes**, not only for the additional skin care benefits but for aromatherapy support as well. This sugar scrub for face is no different. You will want to use facial skin friendly essential oils. Here are some that you can use in your facial scrub.

## Homemade Sugar Scrub For Face

- 1/4 cup brown sugar (packed down)
- 3 tablespoons olive oil
- 6 drops essential oils
- 2 oz glass jar

**Directions:** Mix all ingredient in a small bowl. Use essential oil or oils of choice. I like 3 drops of sandalwood and 3 drops of lavender. Once ingredients are blended together, place into jar.

**To Use:** On freshly washed skin, take approximately one tablespoon of the scrub and rub into facial skin using gentle, circular motions. Be careful to avoid the eyes. Gently scrub face for 60 seconds, then rinse with warm water and pat dry. Repeat once per week.

### Facial Scrub Tips:

Be sure to use a **fine sugar** if you decide to swap out brown sugar for another sugar type. You are using on delicate facial tissue so you don't want anything too abrasive, scratchy or rough.

This recipe makes 2 ounces which is **equal to 4 tablespoons**, so if you use about one tablespoon each treatment and do this facial scrub once a week, this recipe can last you one month.

I personally like to use my DIY products up **within a month or two** so that way my homemade products stay fresh. That's the whole point of making homemade right? To have **fresh, natural** and **chemical free** beauty products. I like to place a small circle sticker at the bottom of my homemade items with the date I made it so there is no guessing.