

How to Make a Fabulous Exfoliating Lemon Sugar Scrub

If you're looking to make a sugar scrub, but don't want to mess around with a ton of ingredients, this is the recipe for you.

It's super simple to make and smells AH-mazing!

I chose to make this sugar scrub with lemons because lemons have the natural ability to perk you right up, giving you energy and making you feel rejuvenated and cheerful.

This **lemon sugar scrub** is perfect to make for yourself or give as a gift!

Lemon Sugar Scrub

Ingredients:

- 1 cup white sugar
- 1/4 cup Coconut oil
- 1 Lemon
- 1 tablespoon Olive oil
- 15 drops Lemon essential oil (*Citrus limon*)
- Three 4 oz Plastic Jars

- **Directions:**

- **Step 1.** In a glass measuring cup, slightly melt your coconut oil in the microwave for 30 seconds or place on stove in a pan with gently boiling water until melted.
- **Step 2.** Mix in your sugar and olive oil.
- **Step 3.** Use a microplane (lemon zester) or cheese grater to add about 2 Tablespoons of lemon zest.
- **Step 4.** Now cut your lemon in half and squeeze the juice in

- **Step 5.** Then mix in 15 drops of your lemon essential oil
- **Step 6.** Scoop and store your sugar scrub into three 4 oz plastic jars.
- **To use:** Place a scoop of scrub into the palm of your hands and rub onto desired area, then rinse. FYI: lemon essential oils can cause photosensitivity.