

Pumpkin Spice Body Scrub Recipe With Essential Oils

It's that time of year to enjoy all things pumpkin! Here is a fun fall recipe using pumpkin pie spice and essential oils to enjoy a luxurious scrub with our Pumpkin Spice Body Scrub recipe.

Sugar scrubs are simple to make requiring two main ingredients: sugar and a carrier oil of choice.

I like to use brown sugar for body scrubs, the texture is just right for gentle skin exfoliating that is pain free.

A variety of carrier oils could be used in this recipe, but I chose fractionated coconut oil because it is a low cost carrier oil that is odor free. Feel free to use what you prefer or what you have on hand.

Pumpkin pie spice adds a scrumptious aroma to this scrub and the essential oils add additional goodness and aromatherapy benefits.

The oils used in this recipe can be skin irritating, so that is why we are only using a total of 10 drops of essential oil. If skin irritation occurs, discontinue use. This recipe is not meant for kids or pregnant women, as the essential oils are too strong.

As with anytime you use oily product in a shower or tub, use caution when entering and exiting as tub or shower may be slippery.

Be sure to wash out the shower or tub floor so an unsuspecting love one doesn't have an accident. I like to sprinkle some lemon essential oil scented baking soda on the tub or shower floor and give it a gentle scrub when I am done using any oily treatment.

Pumpkin Spice Body Scrub

- 1/2 cup Brown Sugar (packed down)
- 1/4 cup Fractionated Coconut Oil
- 1/2 teaspoon Pumpkin Pie Spice
- 3 drops Cinnamon Leaf or Bark (*Cinnamomum zeylanicum*)
- 3 drops Ginger (*Zingiber officinale*)
- 2 drops Nutmeg (*Myristica fragrans*)
- 2 drops Cardamom (*Elettaria cardamomum*)
- 4 oz plastic jar

Directions:

Step 1: Place brown sugar in glass bowl.

Step 2: Add pumpkin pie spice to brown sugar and stir with glass stirring rod.

Step 3: Add essential oils to fractionated coconut oil and blend in.

Step 4: Combine oils with sugar mixture and blend together.

Step 5: Once blended together, place in a 4 oz plastic jar. Use within 1 month.

To Use: Scoop a small amount into hand and rub onto body. Wash off with warm water.