

Rosemary, Mint & Calendula Healing Scrub



Ingredients

2 C. BROWN OR WHITE SUGAR
2 TSP ROSEMARY
2 TSP CALENDULA
2 TSP MINT
GRAPE SEED OR COCONUT OIL

Directions

There are several ways to go about creating your rosemary + mint + calendula scrub. The first would be to add the ingredients to a large mason jar and stir until the sugar is all moistened. Voila!

The second is my preferred method:

1. Add the herbs and oil to a double boiler and slow simmer. Slowly heat for 30-60 minutes.
2. Add sugar to mason jar or jar of choice
3. Strain oil into mason jar with cheesecloth
4. Mix oil and sugar together until sugar is your desired consistency
5. Feel free to add some herbs back in for extra exfoliation!