

Cinnamon Vanilla Sugar Scrub

1/2 cup White Sugar

1/2 cup Raw Cane Sugar (baking aisle)

up to 1/4 cup oil (Olive Oil, Almond Oil, or Coconut Oil)

1/2 tsp. Vanilla Extract or Essential Oil

2-3 drops of Cinnamon Essential Oil

dash of cinnamon (optional)

Simply mix all the sugars and the vanilla and the essential oils. Then gradually add the oil base mixing while pouring. Add the oil until you are happy with the texture and consistency of the scrub. I like mine a little on the non-oily side. But it is just a matter of preference really.