

DIY Hand Scrubs

Alexandra from Simple, Not Less



1 Cup granulated sugar
1 TBSP coarse sea salt
½ Cup coconut oil
10 Drops essential oil (choose your own scent)

If your coconut oil has solidified, simply warm the coconut oil in a pan or microwave until it has returned to a liquid.

Mix all the ingredients in a bowl and then transfer to a glass jar for storage.

To clean your hands, use 1 to 2 TBSP and scrub that dirt out! Wipe hands with a dry rag first to get most of the residue, then wash with soap and water.

Alternative Hand Scrub:

¼ Cup coffee grounds
¼ Cup Coarse Sea Salt
2 TBSP coconut oil
10 Drops essential oil (optional)

If your coconut oil has solidified, simply warm the coconut oil in a pan or microwave until it has returned to a liquid.

Mix all the ingredients in a bowl and then transfer to a glass jar for storage.

To clean your hands, use 1 to 2 TBSP and scrub that dirt out! Wipe hands with a dry rag first to get most of the residue, then wash with soap and water.

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