



Hot Cocoa Sugar Scrub

Pamper yourself with this delectable sugar scrub that smells just like hot chocolate. Perfect for the winter blues.



Ingredients (Included):

- 3/4 c. brown sugar
- 1 Tbsp raw cacao powder
- 2 oz fractionated coconut oil
- vanilla essential oil (vanilla oleoresin) in dropper jar
- 4 oz jar with lid

You Supply:

- mixing bowls and spoons
- extra jars
- jar decorations (optional)

Step One: Place the coconut oil and vanilla essential oil into a small mixing bowl and stir to combine. (Use as much or as little vanilla essential oil as you want for the scent. You can even leave it out.)



Optional: If you want an even more chocolaty scent, you can add 10-15 drops of cocoa absolute essential oil, purchased wherever essential oils are sold.

Step Two: Put the brown sugar and cacao powder into a larger mixing bowl and stir to combine.



Step Three: Pour the oils from Step One over the sugar mixture. Mix until combined and the sugar has soaked up the oil. It should end up looking like wet sand.

A important note about the ingredients: Once mixed all together, this sugar scrub will look and smell good enough to eat, but do not be tempted. Fractionated coconut oil is great for skin, but not digestive systems, nor are essential oils.

Step Four: Carefully scoop the mixture into your airtight glass jar. You may need an additional jar for the rest of the sugar scrub -- small mason jars with airtight lids work well.

Step Five (Optional): Add ribbon, stickers, or fabric to the outside of the jar or the top of the lid to decorate.



Sugar scrubs are used to exfoliate skin, by applying it directly onto your skin and gently rubbing to help buff away dead skin cells.

This sugar scrub is best for your body, not for the thin, sensitive skin of your face. Don't use your sugar scrub every day; at most, once a week.



How to Use a Sugar Scrub

Step One: Wet your skin with warm water. A short soak is best. Dampness helps prevent too much friction that can irritate skin. If using in combination with other products, use after body wash but before shaving.

Step Two: Grab a decent amount for the area you're exfoliating and **gently** massage the scrub onto your skin in circular motions for about one or two minutes.

Step Three: Rinse with warm water when you're finished. It doesn't need to sit on your skin for an extended period.



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