



Beach Salt DIY Hand and Body Scrub

How to:

1. Place 2 cups sea salt into a large mixing bowl.
2. Add the castile soap, softened coconut oil, essential oil/s (I added 30 drops, but you can add more or less depending on how strong you want the scent to be), and about 3-4 drops of food coloring IF you are using it (I used 2 drops of green and 3 drops of blue to get the "sea glass" and about 2 drops red and 3 drops blue to get the blueish lavender color)
3. Mix well to combine using a spoon or rubber mixing spatula
4. Add in the other three cups of salt one at a time, gently stirring to combine after each addition (slowly adding the salt will help it's overall texture outcome)
5. Place the salt scrub into a lidded container
6. Scrub your hands or feet with the scrub and rinse with water for super soft skin that lasts!

Tips and Tricks:

- Want a tropical scent? Try mixing 20 drops coconut essential oil with 20 drops pineapple essential oil
- Want a margarita-like scent (Like Lush's Ocean Salt)? Try mixing some lime essential oil and orange essential oils into your scrub
- Is your scrub too oily? Add more salt.
- Is your scrub too dry? Add a bit more coconut oil.
- You can use other oils (olive or avocado oil) in lieu of the coconut oil, but keep in mind you may need to experiment with using less or more as I've only tried this with coconut oil
- You can use other salts in lieu of the epsom salt, but keep in mind you may need to experiment with using less or more as I've only tried this with epsom salt
- Don't add fragrance to keep this fragrance free if you are sensitive to scents
- Gift in glass jars with cute little wooden spoons

This makes approximately 5 cups of DIY Salt Scrub

Preparation Time: 20 minutes

Suggested tools: spatula or mixing spoon, large mixing bowl, glass jars with lids to store scrub

The Ingredients

- 5 cups epsom salt (I purchased an inexpensive giant 8 pound bag of Epsom salt at Target so I could make several batches)
- 2 tablespoons castile soap (I used Dr. Bronner's Unscented version)
- 1/2 cup softened coconut oil (I used Good & Gather Refined coconut oil from Target, if your oil is not softened, you can place it in a glass container and heat in 10 second increments in the microwave until it's soft, which will be somewhat "smushy" in texture)
- 30-40 drops of essential oil (I used a Bobbi Brown Beach dupe that is no longer available on Amazon for my "Beach Salt" scented scrub. I found a similar beachy fragrance body oil on Etsy OR you could use any scented oil that is safe to use on skin like lavender oil)
- liquid, powder or gel food coloring (I used plant based liquids from Whole Foods)



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