brown sugar vanilla scrub

Ingredients

1/4 cup brown sugar
1/4 cup white sugar
3 tablespoons turbinado sugar
3 tablespoons sunflower* oil
*The original recipe recommends sunflower oil, but mentions any other skin-friendly oil without a strong scent as a substitute
1 1/4 teaspoons vanilla extract

Instructions

1. Measure and combine sugars.
2. Pack into sealable container or jar.
3. Pour 1/3 of the oil over the top. Wait a few minutes for the oil to settle.
4. Repeat until your oil is used up. With the last of the oil, add the vanilla.
5. Stir well. Test the consistency; it should be a thick slurry that holds together. Adjust amount of oil and vanilla to your preference.
6. Seal and decorate!
7. Natural ingredients will not have a long shelf life, so be sure to enjoy soon!

Recipe adapted from Adults Just Wanna Have Fun, by Audrey Barbakoff.

peppermint foot soak

Ingredients

3/4 cup epsom salts
1/4 cup baking soda
2 peppermint tea bags
6-8 drops peppermint essential oil (optional)

Instructions

1. Cut open tea bags.
2. Pour contents of tea bags into a bowl, then add epsom salts and baking soda (and optional essential oil). Stir until well combined.
3. Place in a jar with a tight-fitting lid until soak is ready to use.

To Use

Scoop 1/3-1/2 contents of the jar into a foot tub filled with water as hot as you can stand it, and soak feet for 15-20 minutes.

Recipe from A Cultivated Nest: http://acultivatednest.com/2015/04/diy-peppermint-foot-soak/