

# 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. Repeat until your oil is used up. With the last of the oil, add the vanilla.
4. Stir well. Test the consistency; it should be a thick slurry that holds together. Adjust amount of oil and vanilla to your preference.
5. Seal and decorate!
6. 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/>*



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