

# SUGAR SCRUB

## RECIPE

To help exfoliate your skin

MOLBECK'S  
*Health & Spice Shop*



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1/2 cup sugar (white or brown) 1/4 cup oil (olive, coconut or almond oil) essential oil (optional)

*Mix ingredients together and you're done. The sugar won't dissolve in the oil and acts as an exfoliant. The oil moisturizes your skin, leaving it silky smooth. And the essential oil is added for fragrance.*