

PUMPKIN SPICE SUGAR SCRUB



Why buy a factory-made, pre-packaged facial scrub that is filled full of manmade chemicals when you can DIY a luxurious, skin loving toxin free scrub in your own home!?

Skin loves 100% pure pumpkin! Pumpkin increases the production of collagen, which improves the tone and elasticity of skin. Antioxidants that protect against UV rays.

It can also help to combat redness and reduce skin inflammation. Use this recipe as a facial scrub or increase the batch to use it full body.

Use your scrub within 1 week from 'Made By' date as it does not contain any preservatives. Always try to use Organic ingredients, BPA Free cans if using canned pure pumpkin puree with no added ingredients.

INGREDIENTS:

¼ c Brown Sugar

¼ c White Sugar

¼ c Coconut Oil, room temperature

1T honey

1-2T 100% pure Pumpkin Puree

1 drop each Cinnamon, Clove, Nutmeg & Ginger essential oil*

1 or 2 x 4oz Mason Jars

INSTRUCTIONS:

- Combine sugars in 1 bowl.
- Add in coconut oil, blending well with a fork until fully integrated.
 - Add honey, Pumpkin Puree and essential oils mixing very well.
- Use on face and/or body being careful not to scrub too hard. Use with caution in the shower as the oil may stick to the tub/shower surface and become slippery.
- Store in tightly sealed container away from sun & heat for up to 1 week.

*Not all essential oils are pure enough to use on your skin. You MUST be very selective with what you are using. For more information on how to purchase 100% pure essential oils, contact us today!



Project We Society

W: Projectwesociety.com E: hello@projectwesociety.com