

Peppermint Stick Sugar Scrub

- 2 cups sugar
- 2/3 cup extra light tasting olive oil
- 3 to 4 drops peppermint essential oil

Place the first two ingredients into a bowl and stir. Add 3 to 4 drops of essential oil. Mix well. Place into a jar or container that seals.

This recipe makes enough for a pint jar and can be used anywhere on your body. Just moisten your hands, scoop out a spoonful and rub in a circular motion on you moistened skin. Rinse and enjoy.

Caution - If using in the shower the oil will make the floor slick.