



# Homemade Peppermint Salt Scrub!

## Materials:

- 5oz glass jar with a screw on lid
- ¼ cup of Coconut oil
- Peppermint Essential oil
- 1 cup Epson salt
- Bowls
- Mixing spoon
- Measuring cups
- Red food coloring
- Baking soda

Just in time for the Holidays! Peppermint is said to help relieve stress and may have antibacterial properties. It is also reported to help relieve pain from cracking and dryness.

This scrub can be made in 2 different colors and may be layered in the jar to resemble a peppermint stick or can be colored all red. In order to layer the colors cut the ingredients in half and mix separately in 2 bowls adding 1-2 drops of red food coloring to one batch. You might want to add the oil a little at a time, so that you don't get too much. Epson salts do not absorb the oil quickly and you do not want it to be runny if you plan to layer the colors.

**Instructions:** First off, measure out your ¼ cup of Coconut Oil in a small bowl. Add the peppermint essential oil to your coconut oil and mix. **TIP!** Add about 10 drops at a time and mix, this will help you not over-scent your scrub mix (I usually add about 25 drops). Once you reach a scent level you like, set bowl aside and move to part 2.

**Part 2:** In a separate bowl, combine ½ cup of Epson Salt with ½ tablespoon of baking soda in a bowl and stir until well blended. Add 1/8 cup of coconut oil to the bowl and stir until all ingredients are well mixed. Add 1-2 drops red food coloring and mix until color is even.

To do red and white colors, repeat this process in another bowl but do not add the red food coloring.

When well blended, add the finished product a spoonful at a time alternating colors to make a candy cane effect.

Add Christmas colored fabric topper and a ribbon with scrub name and note. You might also want to list the ingredients if giving away as a gift!

