



# *Gammy's House Craft Recipes*

[www.GammysHouse.com](http://www.GammysHouse.com)

## **Body Scrub** Makes about 2 1/3 cups.

You need only four ingredients to make these moisturizing exfoliants. The base can be made from either Epsom salts or sugar, depending on whether you want a large or fine grain. Color the scrubs with shades that are in keeping with some of the scents you use -- pink with grapefruit, for example, or green with eucalyptus.

### **Tools and Materials**

2 cups Epsom salts or organic cane sugar  
1 cup carrier oil  
8 drops essential oil(s)  
1 drop food coloring  
Special equipment: plastic pipette, canning jars



### **Directions**

1. Stir together Epsom salts or sugar and carrier oil in a bowl, mixing well.
2. Using pipette, add essential oil, 1 drop at a time. Add food coloring, and stir until color is even throughout. Spoon into canning jars.
3. Download clip-art labels, enlarging or reducing to fit top of canning jar if necessary. Print onto ink-jet bumper-sticker paper (which is designed to withstand water). Cut out the labels, and affix to clean jars.

SOURCE: Martha Stewart