



Honey Chia Sugar Scrub

A sweet and nourishing body scrub

Ingredients

- 1/2 cup (120 ml) Turbinado Sugar
- 1 1/2 ounces (45 ml) Apricot Kernel Oil
- 1/2 ounce (15 ml) Organic Virgin Chia Seed Oil
- 1 tablespoon (30 ml) Honey Granules
- 1 tablespoon (30 ml) honey
- 1 teaspoon (5 ml) chia seeds
- 1/4 teaspoon (1.25 ml)

Makes about 4 ounces (120 ml by volume)

Directions:

1. Combine sugar, honey granules, and chia seeds in a small mixing bowl.
2. Add apricot oil, chia seed oil, honey, and fragrance or essential oil, if using. Stir well.
3. Transfer to tightly sealed jar or use immediately.

To Use:

- To Use, simply massage the scrub onto the body in a gentle circular motion, then rinse.
- The Honey Chia Sugar Scrub looks lovely in our 2-ounce PET Flat Jars with White Lids.
- Sealed jars should last about three months. For a more stable shelf life, consider adding a preservative.

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