

DIY Peppermint Salt Scrub

Ingredients:

Empty mason jars
Mixing bowl
Measuring cup
Spoon

Olive oil
Sea Salt
Honey
Peppermint Essential oil

Instructions

1. Gather ingredients—olive oil, honey, salt, & Peppermint essential oil (or other oil of your choice).
2. Measure 1/3 cup honey into a measuring cup; add 1/2 cup olive oil; mix well
3. Add approximately 3/4 cup salt, a little at a time, mixing well until mixture reaches a thick, yet scoopable consistency. Add 5-10 drops of essential oil & mix well again.
4. Transfer to jar or other airtight container.

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