**DIY Sugar Scrub Recipe**

This is the perfect recipe for beauty DIY beginners. Sugar scrubs take under ten minutes to make and you can have fun customizing them with endless ingredients for your desired outcome.

**Sugar Scrub Ingredients**

* 1 cup granulated sugar, either white or brown, preferably organic
* ½ cup oil ([olive oil](https://wellnessmama.com/go/olive-oil/) and [coconut oil](https://wellnessmama.com/go/coconut-oil/) work great)
* [essential oils](https://wellnessmama.com/go/essential-oils/) of your preference (optional)
* 1 small wide-mouth glass [mason jar](https://www.amazon.com/Kerr-00500-Mouth-Glass-Mason/dp/B00A0KUGYU/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=26eba502a534a7e82e3714c62887fbf6)

**How to Make It**

1. Mix all ingredients and store in an airtight container, such as a mason jar.
2. Use 1 tablespoon as needed in the shower. Scrub skin with the mixture and rinse will. It will leave your skin feeling like silk. Goodbye dry skin!

Sound simple? It is!

**Sugar Scrub Variations**

Ready to mix it up? Change your sugar scrub to suit the season. All of these variations use simple ingredients found at most grocery stores.

* **Pumpkin Pie Scrub**: 1 cup of brown sugar, ½ cup [coconut oil](https://wellnessmama.com/go/coconut-oil/), ½ tsp [vitamin E oil,](https://www.amazon.com/dp/B07KJFV779/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=741ea358825b071eb7fb03b3605368d3&language=en_US) and ½ tsp [pumpkin pie spice](https://wellnessmama.com/2992/pumpkin-pie-spice/) (or just ½ tsp [cinnamon](https://www.amazon.com/gp/product/B00416T8Q6/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=1355a822aac9ab5b77fb4ff15cbf620f))
* **Vanilla Brown Sugar Scrub**: 1 cup brown sugar, ½ cup almond oil, ½ tsp [vitamin E oil](https://www.amazon.com/dp/B07KJFV779/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=741ea358825b071eb7fb03b3605368d3&language=en_US) and 1 tsp [real vanilla extract](https://www.amazon.com/gp/product/B000GAWH4G/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B000GAWH4G&linkCode=as2&tag=wellnessmama-20)
* **Lemon Sugar Scrub:** Great hand scrub for after washing dishes! 1 cup white sugar, ½ cup [olive oil](https://wellnessmama.com/go/olive-oil/), ½ tsp [vitamin E oil](https://www.amazon.com/dp/B07KJFV779/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=741ea358825b071eb7fb03b3605368d3&language=en_US), 15-20 drops (or more) of [lemon or orange essential oil](https://www.amazon.com/Essential-Pressed-Undiluted-Therapeutic-Grade/dp/B0069SQFSI/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=0c5cc788650183bf53719dec47ab3bc5)
* **Gentle Lavender Sugar Scrub for Face**: 1 cup white sugar, ½ cup almond oil, ½ tsp [vitamin E oil](https://www.amazon.com/dp/B07KJFV779/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=wellnessmama-20&linkId=741ea358825b071eb7fb03b3605368d3&language=en_US), ½ tsp real vanilla extract, and 15 drops lavender essential oil. [Or make this gentler oatmeal version](https://wellnessmama.com/203107/facial-scrub/).
* **Vanilla Latte Sugar Scrub**: Need I say more? Seriously… make sure you have coffee on hand to [make a vanilla latte](https://wellnessmama.com/22487/superfood-vanilla-latte/) because it will have you craving the real thing. [Find the recipe here](https://wellnessmama.com/13144/vanilla-latte-sugar-scrub/).
* **Sugar Cookie Lip Scrub**: Better than lip balm, in my opinion, since it exfoliates and moisturizes in one step. [Here’s the recipe](https://wellnessmama.com/130118/lip-scrub-recipe/).
* **Homemade Foot Scrub with Magnesium**: Perfect for pedicure season, [this foot scrub](https://wellnessmama.com/7004/magnesium-foot-scrub/) is therapeutic as well with the addition of magnesium.
* **Cumin Sugar Scrub for Face or Body**: Not all sugar scrubs have to smell like dessert. This more [exotic scrub](https://wellnessmama.com/346267/cumin-face-scrub/) is packed with antioxidants for glowing skin.
* **Himalayan Salt Scrub**: Salt is typically coarser than sugar and slower to dissolve, which makes this [salt-based scrub recipe](https://wellnessmama.com/140165/himalayan-salt-scrub/) great for heavy-duty exfoliation. (If you have sensitive skin, stick to sugar scrubs.)
* **Sugar Scrub Cubes:**  Make this cute and compact version of sugar scrub in single-use cubes. No mess and you can even make them colored with purifying French rose clay. [Here’s how to make them](https://wellnessmama.com/267119/sugar-scrub-cubes/).

**How to Store**

These last on the counter for up to 2 months (or more). Take care that extra water doesn’t get into the scrub when you use it as it won’t last as long or work as well.

One warning: these smell good enough to eat! Actually, they are good enough to eat, but don’t… sugar is bad for your intestines!