

# Rose hip Seed Oil Facial Sugar Scrub Recipe

## Ingredients:

- 1 tablespoon of fine, organic white sugar
- 1 tsp grape seed oil
- 3 drops Organic Rosehip Seed Oil

## Sugar Scrub Variations:

- Replace grape seed oil with avocado oil, argan oil, jojoba oil or olive oil

- Other essential oils that may be used in place of rosehip seed oil based on needs.

Frankincense oil (anti-aging - lifting, tightening and firming); geranium oil (for wrinkles and hormones); pomegranate oil (restoring youthful splendor - great for lines, wrinkles and brown spots caused by sun damage); lavender (for everything and just because) or tea tree oil (for acne prone skin).

## Directions:

1. Use a glass jar or bowl for mixing. NOTE: please keep this bowl specifically for sugar scrub mixing as you do not want cross contamination between essential oils and consumable food ingredients.
2. Put ingredients in glass bowl and mix with a disposable wooden or plastic stir stick.
3. Once thoroughly mixed, you may use stir stick or clean fingers to apply sugar scrub direct to skin on face and neck area.
4. Dispose of stir stick once application is complete.
5. Apply the sugar scrub on your face and neck area and gently massage for 1-2 minutes in a gentle circular motion. Avoid the eye area.
6. Rinse off with lukewarm water.
7. Gently pat dry skin on face and neck area.
8. Follow with moisturizer and sunscreen.

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