

Citrus Lip Scrub - Basic Recipe

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 tbsp organic cane sugar
- 1 tbsp melted coconut oil
- 2-3 drops citrus essential oil like grapefruit, orange or lime

Instructions:

1. Combine all ingredients into a small bowl. Use right away or store in a glass jar with a lid and store in a cool dry place for 2-3 weeks.
2. To use: Place some scrub on your finger and rub gently on your lips. Feel the magic of the exfoliation! Remove with a towel and feel how silky smooth your lips are!