

# Peppermint Lip Scrub

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 tbsp organic cane sugar
- 1 tsp raw honey\*
- 2 tsp extra-virgin olive oil (evoo)
- 1-2 drops peppermint essential oil

## Instructions:

1. In a small bowl, combine sugar, honey, evoo and peppermint essential oil.
2. Use right away or store in a cool, dry place in a covered container for 2-3 weeks.
3. 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!

## Notes:

\*If the honey has crystallized, just warm it on the stove in a small pot because it should be liquid for mixing into the ingredients.