

SKIN GLOW SUGAR SCRUB

Ages:
15-18

Description:

This activity emphasizes self-care and shows you how to make your own sugar scrub.

Time:

20 minutes

Materials Needed:

- Cup size jar or container with lid
- 1 Cup of Sugar (white or brown)
- 3 tablespoons of Oil
- (Olive, Coconut, or Jojoba oils work best)



Optional Materials:

- Small bowl for mixing
- Resealable plastic bag
- 1 teaspoon of vanilla extract (read the label to make sure it's alcohol free)
- 1 tablespoon of lemon juice
- A few drops of aromatherapy essential oils like lavender or peppermint

Instructions

Get ready for some self-care! This homemade sugar scrub is a great way to exfoliate your skin so that it's soft and glowing. While the ingredients are edible, refrain from ingesting scrub. Let's start by gathering your essential materials: white or brown sugar and your choice of oil. See oil benefits below to help you decide. Lastly, you will need something to store your scrub. You can use a recycled jar or container with a lid or a resealable plastic bag.

- **Coconut Oil** is moisturizing, conditioning, and won't clog your pores. It also keeps skin moisturized for hours after use.
- **Jojoba Oil** (pronounced ho-ho-ba) is odorless and non-greasy and is great for all skin types. It is nourishing and even has anti-inflammatory and anti-bacterial properties.
- **Olive Oil** is good for soothing itchy, dry skin. It works well to draw moisture into your skin. This is the most common oil to find at home.
- Avoid using vegetable oils as they are not suited to use on skin.



Mixing Your Scrub

Step 1:

Place 1 cup sugar in your container or bowl and add oil 1Tbsp at a time, mixing in between. The consistency should be like sand. If it is too soupy, you may want to add a bit more sugar.

Step 2:

Add in any optional ingredients like lemon juice, vanilla extract, or essential oils. Stir well.

Using Your Scrub

Step 1:

While showering or bathing, gently rub scrub in circular motions to exfoliate skin. We suggest avoiding your face or sensitive areas. Rinse scrub with warm water.
(Scrub can be used 1-2 times a week)

Step 2:

Use a moisturizing lotion or cream afterwards to make skin even more soft and smooth.

Step 3:

Store scrub in a lidded container or resealable plastic bag in a cool, dry area for up to 4 weeks. No refrigeration necessary.

ACTIVITY RECAP

Discovery Questions:

- What was it like creating your own body care product? What is your personal definition of self-care?
- Why do you think taking care of yourself, specifically your skin, is so important?
- How will you continue to take care of yourself? What can you do to encourage your friends and family to practice self-care?
- With a parent/guardian's permission, share with us what you think of the Strong, Smart, and Bold Card game on our Instagram page with the tag @girlsincindy.

Inspiring all girls to be strong, smart, and bold