



Oatmeal Hand Scrub



Our homemade hand scrub is all about keeping your hands happy! This gentle scrub exfoliates dull skin and is made with oats, sugar, Manuka honey, wheat germ oil and essential oils. The scrub is a gentle exfoliant and not harsh on the skin. Oats exfoliates while simultaneously nourishing the skin with vitamins and minerals. Wheat germ oil is moisturising and has antioxidant and anti-ageing properties. Manuka honey has antibiotic and antibacterial properties, which help to protect wounds and heal small cuts and chaps on our hands and fingers. The scrub is suitable for all skin types, and can also be used on other parts of the body, such as the neck and arms. The scrub also doubles as a revitalising hand mask: apply a layer to your hands and leave on for 10 to 15 minutes. A free printable label to package and gift the scrub is available here:

<http://chcotta.ge/bl0300>

Materials

Small portion (great for 1-time use)

- 2 tbsp rolled oats
- 1 tbsp sugar
- 1 tbsp Manuka honey or maple syrup
- 2 tbsp wheat germ oil
- 4 drops essential oils

Large portion (great for gift giving)

- 80 g (1 cup) rolled oats
- 150 g (3/4 cup) sugar
- 3 tbsp honey
- 60 ml (1/4 cup) wheat germ oil
- 12 drops essential oils

For packaging

- wide mouth half pint mason jars
- printable labels

Essential oil tip

We recommend to use one or a mix of the following essentials for the scrub: chamomile, carrot seed, cedarwood, patchouli, myrrh, lavender, geranium.

Instructions

1) Blend the dry ingredients

Add the rolled oats and sugar into a food processor or blender and pulse until the mixture is crumbly and combined.

2) Add the wet ingredients

Transfer the oats-sugar mix into a mixing bowl. Stir in the honey and oil until well blended. Use right away or fill into airtight containers for storage.

Tips: If you look only for a gentle scrub, use caster (superfine) or granulated sugar. Use brown sugar or demerara sugar to create a coarser oatmeal hand scrub. . Sesame oil or almond oil are good alternatives for the wheat germ oil. You can optionally add essential oils to enhance the scrub. Here are a few suggestions that are soothing and replenishing on dry, itchy skin: chamomile, carrot seed, cedarwood, patchouli, myrrh, lavender, or geranium.

How to use the hand scrub

Wet your hands with warm water. Then rub a small portion of the mixture in a circular motion over the back of your hands for 1 to 2 minutes. Rinse off with warm water and pat dry. Follow-up with a mask and hand balm.

Storage and shelf life

The hand scrub has to be stored in airtight containers away from heat or direct sunlight. It can be kept for up to three months.