



Sugar & Soap Scrub Bar



Sugar soap scrub bars are made with sugar, soap, a vegetable butter, and essential oils. Use this lovely homemade scrub bar on the entire body, and get a three-in-one spa treatment: the sugar gently exfoliates, while the soap cleanses and the butter moisturises leaving you with glowing and refreshed skin. The peeling bars are made with natural, non-toxic ingredients that replenish and nurture dry, dull skin.

Instructions

1. Grate the soap

Grind the soap with a grater or in a blender.

2. Melt the soap and vegetable butter

Put the grated soap and vegetable butter into a small saucepan and melt over medium-high heat. Stir constantly while melting, so the soap doesn't burn to the bottom of the pan.

Note: Soap has a relatively high melting point (anywhere from 70°C/158°F to 100°C/212°F). So don't be discouraged if it takes a while to melt the soap. The soap I used became foamy, and I kept on stirring until no more specks of unmelted soap were showing.

3. Add the sugar and essential oil(s)

Stir in the sugar and essential oil(s) until well combined.

4. Mould the scrub bars

Fill the scrub mixture into a silicone mould and allow to harden in the fridge for a couple of hours or overnight. Unmould the bars and gift or use as described below.

How to use the scrub bar

You can use this homemade scrub bar in the bath and shower. First, wet and soften your skin with warm water and then rub the scrub bar over your body. Massage your skin, using circular motions and gentle pressure. Then shower off any excess product.

Storage and shelf life

When not in use, store the scrub bar in a dry and dark place. The scrub bars can be stored for several months.

Materials

100 g (3.5 oz) soap

100 g (3.5 oz) vegetable butter

280 g (9.8 oz) sugar

6 g (0.2 oz) essential oils of your choice