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Homemade Body Scrub – the perfect and cheap and natural Christmas gift by [KeithMcDonnell](#)

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So, it's November and Christmas is coming. You've bought some of your presents but just can't decide what to get for that special girl or lady in your life. You know she likes her body lotions and body creams. When she talks about a quiet night at home it always involves a bath, a body scrub, maybe even some oils or creams for her face in the form of a mud mask. You also know how expensive those can be. What's interesting is out of all the products you can make scrubs are probably the easiest to make and relatively cheap. They require no heat and can be readily made with easily found ingredients.

The first thing you need to decide is Salt or Sugar? A salt scrub is very effective at exfoliating skin, but to some it is a little too harsh on the skin. If you have very sensitive skin you may want to use sugar. Another consideration with sugar is that if you're not using a preservative it can ferment or go sour much much quicker than a salt scrub.

Once you've got your sugar or salt (plain table salt or granulated sugar will work) you need to use a carrier oil. The carrier oil will help lubricate the skin as well as help keep the scrub sticking to the skin instead of just falling to the floor (making a big mess). The carrier oil will also have beneficial qualities to it, depending on the oil (or oils) you use. For instance, Jojoba oil has natural antimicrobial properties and grapeseed oil is known for antioxidant properties. So you may want to do a little research on the oil you want to use. The key point is that you won't have to go far to find what you need. Just about any vegetable oil that you can get from a grocery store or supermarket should work. Olive oil, Canola oil, Grapeseed oil or Castor oil will work just fine.

Now that you've got your oil and your salt/sugar the next step in your Homemade Body Scrub is mixing the oil and salt/sugar together. You should keep the ratio of salt/sugar to oil at about 4:1 or 5:1. The more oil you have the oilier the scrub will be. Put it in a large bowl and mix it up with an egg beater, whisk, mixmaster or other power mixing device until you get a consistent mixture throughout.

Before you package up your beautiful scrub for your friend (or maybe you want to try out a little for yourself) you may want to get creative and add a little colour or fragrance. Colour can easily be achieved using food colouring. We recommend you take a little sample of your scrub and experiment before you colour the whole batch of body scrub. This will help you avoid having to remake the entire batch if your colouring doesn't turn out the way you intended.

Fragrance may be a little trickier. Most manufacturers of body scrubs and body lotions will use essential oils and fragrance oils. These are usually tested many times as certain oils may have negative effects on the salt and oils. We recommend you use a little bit of your favorite cologne or maybe you have some essential oils that you've purchased from a local store for aromatherapy. Once again, test it out on a small sample of scrub first and see what happens. If all looks and smells good then package it up.

To package your scrub you can use just about anything. You may want to reuse an old body cream or body scrub container or use something like a canning jar. Be creative and enjoy.

Once your homemade body scrub is packaged give it to your girlfriend and wait until Christmas day. She'll be amazed that you made it yourself and that it's just as good as the storebought product.

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Keith McDonnell is the author of this article. To know more about a [Oils For Face](#), Face Oil and a [Cream For Body](#), please visit this link a [Wholesale Bath Bombs](#)

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