# Sugar Lip Scrub

## Ingredients

* Approx. 100 mL (100g) brown sugar
* 45 mL olive oil
* 8-10 drops flavour extract, either vanilla or peppermint (optional)
* 2 drops food colouring (optional)

## Materials

* Jar
* Measuring cup
* Bowl
* Spoon
* Stir stick

## Procedure

1. Spoon brown sugar loosely into the jar until below the line. Do not pack or press down on the sugar. (This step may be done in advance.)
2. Carefully pour olive oil into the measuring cup to the 45 mL line.
3. Pour the brown sugar into the bowl, being careful to not spill.
4. Add the oil to the bowl.
5. Mix the oil and sugar together, using either the spoon or the stir stick. Make sure there are no clumps of sugar.
6. Add in 8-10 drops of flavour extract, if desired. Stir to mix.
7. Add in 2 drops of food colouring, if desired. (Note: the brown colour of the sugar will affect the colour of the scrub.)
8. Stir until the food colouring is mixed evenly throughout.
9. Spoon the scrub into the jar.

## To Use the Lip Scrub (can be used every 2-3 days)

1. Spoon out a small amount of lip scrub.
2. Apply the scrub to your lips.
3. Gently rub in a circular motion.
4. Rinse off with warm water or wipe off with a damp cloth.
5. Make sure the jar is closed tightly when not in use.