

3 Simple At Home Exfoliating Scrub Recipes

Exfoliating your skin on a regular basis is insanely good for it! Unfortunately, many cosmetic products that promise to exfoliate your skin and make it glow are also the same products that are made by companies that use harmful chemicals that often cause you to go looking for a different product to counteract the damage that was done while using said products. The ingredients used in such products can be more harmful than beneficial to your skin causing micro-tears, dry skin, irritation, and inflammation.

Luckily, it's fairly easy to create your own exfoliating scrubs at home that you can use twice a week to keep your skin free of excess dead cells and improve a glowing appearance without the harmful stuff. Below are some main key ingredients you will need when making your own facial scrub.

Coconut Oil

Coconut oil is a great component for skin. It is naturally antibacterial and antifungal, it's a great moisturizer, it soothes inflammation to combat acne, and it can alleviate irritation on the skin.

Sugar

Sugar is a great exfoliator. Its small grains are gentle enough to exfoliate the top layer of the skin without creating micro-tears. It is a natural humectant (meaning that it draws moisture from the environment to retain for your skin), helping to keep your skin hydrated and free from itchy dryness. It is also a natural source of a glycolic acid called alpha hydroxy acid (or AHA) which helps to encourage skin cell regeneration, keeping the skin looking younger and fresh. When using sugar as a skin exfoliator, be sure to follow up with a sunscreen to avoid damage to your skin.

Oatmeal

Oatmeal is rich in antioxidant properties (meaning it helps counteract the deterioration of cells in the body), it helps reverse skin damage caused by pollution and harmful UV rays. Oatmeal is also a great ingredient for people with eczema and psoriasis because it helps to calm itching and inflammation.



Here are some simple recipes for exfoliating facial scrubs that you can make at home. Remember to exfoliate up to twice a week as not to disturb the natural oils your skin creates to protect itself, but to gently slough off the thin layer of dead skin cells and pollutants. Enjoy!

1. **Oatmeal Scrub for Dry Skin**

- ❖ ¼ Cup uncooked oats
- ❖ 1/8 Cup honey
- ❖ 1/8 Cup coconut oil

Process oats in food processor to a coarse texture (not powder-like), then transfer to a bowl and add in the honey and coconut oil. Mix together with spoon and apply to a clean face, massaging gently into skin and leave on for 5-10minutes before washing off with cold water.

2. **Rejuvenating Lemon and Sugar Face Scrub**

- ❖ ½ fresh lemon
- ❖ 1/2 Cup granulated sugar
- ❖ 1 TBSP coconut oil
- ❖ 1 TBSP organic honey

Combine lemon juice and coconut oil in a bowl together. When fully combined, add honey and whisk together. Add the sugar and mix until fully combined. Use gentle circular motions and stay away from open wounds (lemon may sting). Leave on skin for 7-10min and rinse with cold water.

3. **Two-ingredient Sugar Face Scrub**

- ❖ 1 TBSP coconut oil
- ❖ 2 TBSP sugar
- ❖ Optional: 1 ½ tsp cocoa powder and 1/8 tsp vanilla extract

Combine all ingredients in a small bowl and apply gently to skin for one minute. Let set on skin for 10min and rinse with warm water.