

Lemon Peeling

This body scrub comes from the fabulous Brigit's Garden in Galway and is based on a good quality oil, sugar and essential oils according to the own taste. I really like this fresh mixture but feel free to experiment:



Ingredients:

- 60g Organic **coconut oil**
- 250g Fine **sugar**
- 2-3 tablespoons **lemon peel**
- 15 drops of **essential oil** – lemon or grapefruit

Melt the coconut oil in a water bath (or microwave).

Add grated lemon and essential oil.

Stir the oil mixture quickly and thoroughly with the sugar. If necessary, add some sugar until the desired consistency is achieved.



For application:

Rub the body well with the lemon peeling and then shower it off. The smell is wonderfully fresh and the skin so soft afterwards. The coconut oil nourishes the skin.

Enjoy!

An idea from Wisamar's Advent Calendar 2020
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