

DIY Self Care Spa

[HTTP://JEZLAYMAN.COM/SELF-CARE-SPA](http://jezlayman.com/self-care-spa)

STRAWBERRY LIP SCRUB

1 Tbsp Sugar
1 tsp Coconut Oil
1/8 tsp Honey
1-2 drops Strawberry Extract
3-5 drops Red or Pink Food Coloring

- In small bowl, add 1 Tbsp sugar
- Mix in coconut oil and honey
- Mix in strawberry extract and food coloring
- Add additional food coloring as necessary until desired color is reached

SUGAR COOKIE LIP SCRUB

1 Tbsp Sugar
1/2 tsp Coconut Oil
1/8 tsp Honey
1/2 tsp Vanilla Extract

- Mix ingredients together in small bowl until combined

PINK LEMONADE SUGAR SCRUB

1 C Sugar
1/2 C Coconut Oil (melted)
15 drops Lemon Essential Oil or 1/2 tsp Lemon Extract
1/2 tsp Strawberry Extract
1/2 tsp Vitamin E Oil (optional)
8 drops Pink Food Coloring

- Add 1 C sugar to medium mixing bowl
- Add wet ingredients
- Stir until fully mixed with a consistency of wet sand
- If mixture is runny or liquid, add more sugar, 1/4 C at a time

VANILLA BROWN SUGAR SCRUB

1 C Brown Sugar
1/2 C Coconut Oil (melted)
1 tsp Vanilla Extract
1/2 tsp Vitamin E Oil (optional)

- Add 1 C brown sugar to medium mixing bowl
- Add wet ingredients
- Stir until fully mixed with a consistency of wet sand
- If mixture is runny or liquid, add more brown sugar, 1/4 C at a time

ORANGE CREAMSICLE SUGAR SCRUB

3/4 C Sugar
1/4 C Coconut Oil (melted)
12 drops Vanilla Essential Oil or 1 tsp Vanilla Extract
6 drops Orange Essential Oil or 1/2 tsp Orange Extract
8-12 Drops Orange Food Coloring
1/4 tsp Vitamin E Oil (optional)

- Add sugar to medium mixing bowl
- Add wet ingredients
- Stir until fully mixed with a consistency of wet sand
- If mixture is runny or liquid, add more sugar, 1/4 C at a time

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LAVENDER BATH BOMBS

1 C Baking Soda
1/2 C Citric Acid
1/2 C Corn Starch
1/2 C Epsom Salt
1 Tbsp Coconut Oil (melted)
1/2 tsp Lavender Essential Oil
1 Tbsp Water
3-5 Drops Purple Food Coloring

- In medium bowl, mix together baking soda, citric acid, corn starch, and epsom salt
- In separate bowl, mix together coconut oil, essential oil, water, and food coloring until fully blended
- Add wet ingredients to dry ingredients, stirring until fully mixed. If you squeeze it in your hand, it should hold shape
- Pack mix tightly into mini muffin tin or other desired mold
- Turn muffin tin over and tap lightly on the back with a fork until Bath bombs fall out
- Let dry 12 hours before using

FRESH CITRUS BATH BOMBS

1 C Baking Soda
1/2 C Citric Acid
1/2 C Corn Starch
1/2 C Epsom Salt
1 Tbsp Coconut Oil (melted)
1/2 tsp Lemon Essential Oil or Lemon Extract
1/2 tsp Orange Essential Oil or Orange Extract
1 Tbsp Water
8-12 Drops Yellow Food Coloring
8-12 Drops Orange Food Coloring

- In medium bowl, mix together baking soda, citric acid, corn starch, and epsom salt
- In separate bowl, mix together coconut oil and water until fully blended
- Add wet ingredients to dry ingredients, stirring until fully mixed. If you squeeze it in your hand, it should hold shape
- Split mixture between two bowls
- In first bowl, add lemon essential oil or lemon extract and yellow food coloring. Mix together.
- In second bowl, add orange essential oil or orange extract and orange food coloring. Mix together.
- Pack mix tightly into mini muffin tin or other desired mold, layering the two color mixes
- Turn muffin tin over and tap lightly on the back with a fork until Bath bombs fall out
- Let dry 12 hours before using