



Make a sugar scrub

THE LAB

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TOP TIP
If you want your scrub to have a rougher texture, use coarse salt instead of sugar.

By mixing a few ingredients, you can make a body scrub that is good for your skin.

What you need

- 290g brown sugar
- 120ml honey
- 120ml water
- 60ml olive oil
- 5 drops of fragrant oil
- Mixing bowl
- Wooden spoon
- Food storage container and lid

Instructions

- 1** In a mixing bowl, combine the brown sugar, honey and water and mix together well using a wooden spoon.
- 2** Add the oil and stir it into the mixture. The scrub should have a thick texture. If it's too thick, add more water; if it's too thin, add more sugar.
- 3** To make your scrub smell nice, add some fragrant oil, such as lavender or vanilla.
- 4** Pour the scrub into an airtight container ready to use. Store in the fridge.



Add honey to the brown sugar.

DID YOU KNOW?

Getting rid of skin cells isn't a new practice. The people of ancient Egypt created abrasive scrubs to keep their skin looking healthy.

How does it work?

A scrub is used to exfoliate the skin on your body, which is tougher than the skin on your face. Exfoliation is the process by which dead cells are removed from the surface of the skin. Your skin is the largest organ in your body, so it needs a lot of care. It is made up of three layers: the epidermis (the waterproof outer layer); the dermis, which contains hair follicles and sweat glands; and the inner hypodermis layer, which is made of fat and connective tissue. Your skin constantly sheds dead skin cells to make way for new healthy ones, but sometimes dead skin cells don't shed completely and you may need to rub them away. Dead skin can clog up pores, the tiny holes in your skin where sweat comes out, and cause spots.