

Revitalize Your Skin With Sugar Scrubs

The whole world has gone wild over a new fad on the beauty market, sugar scrubs. If you haven't heard of, or tried a sugar scrub yet, you are in for a real treat!

Sugar scrubs are comprised of several ingredients, the main being - you guessed it - sugar! The other ingredients in a sugar scrub may vary from company to company, but generally include deep moisturizing oils or butters such as Sweet Almond Oil, Grapeseed Oil, or Shea Butter. If sold commercially, the scrub will also contain a preservative of some sort, and usually fragrance and/or colorant.

The reason sugar scrubs work so well is because of their dual action. When you rub the scrub into your skin, the fine sugar granules gently slough off dead skin cells on the top of the skin while the oils and butters provide deep moisturizing. The result is extremely soft, silky smooth skin that is both renewed and revitalized.

There are a huge variety of sugar scrubs available on the market, with different ingredients and different packaging, but the basic action of the product remains the same. Sugar scrubs also have a huge price range as well, ranging anywhere from several dollars up into the \$50 range. You can even make your own sugar scrubs for use at home with common kitchen ingredients. These work just as well as high priced scrubs, but they don't last as long (storage-wise), and may not have as exotic ingredients as some of the pricier scrubs on the market. Here are a few sugar scrub recipes you can make and use in your own home:

Ingredients:

- 1 handful ground almonds
- 5 tb. ground oatmeal
- 2 tb. brown sugar
- 2 tb. honey
- 1/4 cup vegetable oil

Instructions:

Combine all ingredients and blend well. Store in an airtight container when not in use.

Ingredients:

- 1/2 cup white granulated sugar
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 2-3 tsp. fresh coffee grounds
- 1/4 tsp. Essential or fragrance oil if desired

Instructions:

Combine all ingredients and blend well. Store in an airtight container when not in use.
makes approx. 1-8 oz.

Ingredients:

- 3/4 of cup of sugar
- 1/4 cup of grated coconut
- 1/4 cup of coconut milk powder
- 1/4 to 1/3 cup of Sweet Almond Oil
- Coconut fragrance oil

Instructions:

Combine all dry ingredients and blend evenly. Add Sweet Almond oil a little at a time until sugar mixture is moist. Add a few drop of fragrance until you are satisfied with the fragrance strength. You can also add pineapple and/or strawberry fragrance oil for a nice tropical blend. Makes about 8oz.

As you can see, sugar scrubs are easy to make in your own home, or available to purchase if you want a longer lasting product. It is no wonder that sugar scrubs are such a fad right now, with the conditioning that they give to your skin! Be cautious using them if you have sensitive skin, and they

aren't recommended for use right before a big event such as the prom or a wedding, as the rubbing action of the sugar can cause redness when used.

So now that you know what sugar scrubs are, and how you can make or buy them, go treat yourself to a home spa experience with a sugar scrub!

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About the Author

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