

Homemade Hand Scrub

- Sugar
- Dish Soap - of any kind

Fill your container partially with sugar, but be sure to leave room to add the dish soap. Cover the sugar with a layer of dish soap of your choice. Use a spoon or something to mix the sugar and dish soap together. Add more sugar or dish soap as needed for desired consistency.

Homemade Lotion

- 8 ounce of Baby Lotion
- 4 ounce of Petroleum Jelly
- 8 ounce of Vitamin E Cream

Fill separate bowl or pan with hot water and place the petroleum jelly in the water to soften for mixing. Once it is soft mix all above ingredients in a mixing bowl with a mixer until creamy and blended well.

Homemade Bath Salt

- 1 Cup of Epsom Salt
- 2 Tbsp of Baking Soda
- Essential Oil of choice

Measure out Epsom Salt and Baking Soda and mix together. Add 2-4 drops of essential oil for desired scent and mix well.