

Mason Jar Pampering

Mason Jar Sugar Scrub

By: <https://www.pinterest.com/lovegrowswildf/>

Ingredients:

- 1 drop food coloring (select the color you'd like the scrub to be)
- 1-4 drops Essential Oil (select one that is for topical use and based on strength of fragrance)
- 1 1/2 cups sugar
- 1/2 cup coconut oil

Instructions:

1. Melt coconut oil (microwave for 15 -25 seconds)
2. Add sugar, food coloring and essential oil to melted coconut oil
3. Place lid on jar, decorate and label

Yield

- 12 1/4 cup each
- 6 1/2 cup each

Mason Jar Flower Soak

By: www.livelykitchens.com

Ingredients:

- 3-4 tablespoons Epsom Salt
- 1 soap flower (Cost Plus World Market)

Instructions:

1. Place Epsom Salt in the bottom of a mason jar
2. Add soap flower to mason jar
3. Place lid on jar, decorate and label

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