



Pumpkin Pie Spice Sugar Scrub



Ingredients:

- 3 Tablespoons of Cheryl's Homemade Pumpkin Pie Spice (see recipe below)
- 2 Tablespoons oil (I use melted coconut oil, avocado, or Jojoba oil)
- 10 Tablespoons of turbinado sugar or fourteen tablespoons of packed brown sugar
- 3 drops of lavender essential oil
- (optional) 1/2 Teaspoon vanilla extract

Putting it all together:

1. Stir all ingredients together until combined.
2. Store in a sealed jar for up to 2 months.



Cheryl's Homemade Pumpkin Pie Spice

Ingredients:

- 3 Tablespoons ground cinnamon
- 2 Teaspoons ground ginger
- 2 Teaspoons nutmeg
- 1 and 1/2 Teaspoons ground all spice
- 1 and 1/2 Teaspoons ground cloves

Putting it all together:

1. In a small bowl, mix all ingredients together.
2. Store any leftover amounts in an airtight container.

NOTE: This can be made in advance and used for many different recipes. Please also note, the color will be darker or lighter depending on the color of the sugar you use. The scrub in the photo uses dark brown sugar and a little bit of coffee grinds to give it that deep, rich brown color.