

Sugar Scrub Video Transcript

Hello, this is our Three-ingredient Sugar Scrub for our seven senses smell activity. I have a mason jar, wild orange essential oil, a spoon, one cup of white sugar, three fourth cup of coconut oil and a ribbon. What you will want to do is have a bowl. I'm gonna use my mason jar and we are going to add our sugar to our mason jar.

You would add your sugar to your bowl.

And then we'll add our oil.

We only need a little bit of essential oil. So we're gonna add one to two drops.

Then we're gonna mix it all together.

This smells so good.

Make sure your student gets all the way to the bottom.

Stir all the way up.

Now, your sugar scrub, you can use it on your hands, your feet, your elbows, your lips, you can use it to exfoliate your skin and guess what we're done already.

And if yours is too dry, you can add a little bit more oil. If it's too wet, just add a little bit more sugar.

I am going to take a little bit, and I'm gonna put some right here on my hand and exfoliate my skin.

That feels so good. It smells wonderful. And you just rub it in.

Can you see the difference? Oh my goodness.

You know, during the pandemic we have been washing our hands so much. This is very beneficial right now.

Between the oil moisturizing your skin, the sugar, exfoliating your skin. This is something you can do after you wash your hands. And if you put your sugar scrub, like I did in a mason jar, or if you have young kids, you can use an old baby food jar or whatever you have lying around at home to store your sugar scrub.

And I'm just gonna put the top on and my little ribbon here. This is something I had left over from Christmas. I'm just gonna put it on the top and I'm just gonna tie a little knot and look at that. Sugar scrub for the Seven Senses, Smell. Hope you enjoy.