



in Bexley



East Kent

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# Honey Facial Scrub Workshop



## **You will need:**

Honey (1x cup or mug full)

Olive Oil (1x tablespoon)

Granulated sugar (1x cup or mug full)

Essential oil (2-3 drops of your favourite e.g. geranium)

Bowl

Spoons; teaspoon spoon, tablespoon

Jar

There are so many lovely things to make with honey, from hand creams, to candles; facial scrub is one of the simplest and quickest, and it has the benefit of leaving your skin soft, clean and extra smooth.

Honey has the properties that can kill harmful bacteria that live on your skin, and cause blemishes and infections. It is also rich in vitamin B6 that can prevent your skin from becoming scaly and irritated.



### Directions:

1. Simply mix all of your ingredients together in a large bowl until the honey, oil, sugar and essential oils are blended together.
2. Store in a tightly covered jar and keep in the refrigerator.
3. Apply to the face, avoiding the eyes, and relax; have a soak in the bath and rinse thoroughly when done.