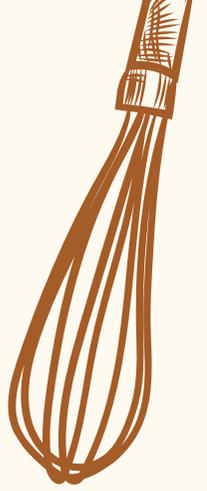


Brown Sugar & Coconut Mother's Day Body Scrub



Brown Sugar Body Scrub



Brown Sugar & Coconut Mother's Day Body Scrub

Makes: 1 small jar (about 120–150ml)

Ingredients

- 1 cup brown sugar
- ½ cup coconut oil (soft but not fully melted)
- ½ tsp ground cinnamon
- Zest of ½ orange or lemon
- Optional: 1 tsp honey (adds moisture)

Method

1. Put the brown sugar in a bowl.
2. Add the softened coconut oil.
3. Stir until it forms a thick, slightly wet sand texture.
4. Mix in the cinnamon.
5. Add the citrus zest and stir again.
6. Spoon into a small jar or recycled jam jar.

How to use

Massage a small amount onto damp skin in the bath or shower, then rinse off.

- Avoid essential oils with children unless you know allergies — citrus zest gives the smell naturally.
- Cinnamon only needs a tiny bit or it can irritate sensitive skin.
- If you include honey, remind parents it contains natural sugars so it's best rinsed off properly.

The texture works because sugar exfoliates and coconut oil moisturises, which is why sugar scrubs are commonly used in skincare.

“Sugar to scrub, coconut to soften, cinnamon to smell nice, and orange to make Mum smile.”

