

# Homemade Peppermint Lip Scrub Recipe



photo and recipe courtesy of [livelylaughrowe.com](http://livelylaughrowe.com)

## Supplies for Lip Scrub:

- 1 teaspoon sugar
- 1/2 teaspoon extra virgin olive oil
- Peppermint Essential Oil, *optional*
- Small Jars with Screw Cap Lids (for storage or gifting)

## Making the scrub.

- 1.) Place the sugar in a bowl and add olive oil, mix well.
- 2.) Add 3 drops of peppermint essential oil (optional) and mix well.

## Applying the scrub.

- 1.) Gently rub the mixture over lips with your finger or with a toothbrush.
- 2.) Rinse it off with water and pat dry with a towel.
- 3.) Apply lip balm over your lips to keep them moist and soft.
- 4.) Repeat once or twice a week.

NOTE: Store up to 2-3 weeks.