

Create Your Own Custom Face Scrubs!

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Make Your Own



Custom Face Scrubs

Exfoliating your face one to two times a week is an easy way to achieve soft, glowing skin. And you can whip up a great exfoliating facial scrub right in your own kitchen! With a few basic ingredients that you may already have on hand, you can create a facial scrub tailor-made for your skin type in no time at all.

There are three basic ingredients that go into a DIY facial scrub: *exfoliants*, *binders*, and *bonus ingredients*. We'll explore a few options for each ingredient type, and then I'll show you a few example scrubs I conjured up!



The Exfoliants

The exfoliating ingredient is what makes a “scrub” a “scrub!” The rough or granular ingredient helps slough off dead skin cells which can build up over time, causing your skin to appear dull and rough. A buildup of dead skin cells can even clog your pores and contribute to breakouts. Exfoliation helps remove dead skin cells, exposing new cells and fresh skin. This also allows any facial products you may be using to penetrate more deeply into your skin, increasing their effectiveness.

Clockwise from top left:

- **Baking soda** – absorbs excess oil while it exfoliates, making it a great choice for those with oily skin.
- **Oatmeal** – widely known for its anti-inflammatory and soothing properties, oatmeal makes a great exfoliant. *Crush or grind the oatmeal into smaller pieces before using to avoid over-exfoliating.*
- **White sugar** – a good all-around choice for exfoliating normal skin types
- **Brown sugar** – the molasses in the brown sugar makes it a little bit softer and smoother as an exfoliant than white sugar, so it's a good choice if your skin tends to be a bit sensitive



The Binders

The binding ingredient serves both as the glue that holds the scrub together, and as a moisturizing element.

Clockwise from top left:

- **Honey** – its anti-inflammatory, anti-bacterial, and humectant (moisture-retaining) properties make it a good all-around option, and may particularly benefit those prone to redness
- **Plain yogurt** – dairy products contain lactic acid which helps brighten aging skin and can help reduce the appearance of fine lines over time
- **Egg whites** – can temporarily reduce the size and appearance of pores
- **Coconut oil** – incredibly hydrating, making it a great choice for dry skin. Coconut oil also has anti-inflammatory and antioxidant properties. *Not recommended for acne-prone skin.*



The Bonuses

Bonus ingredients can play many roles in your facial scrub, including addressing specific skin concerns, providing a favorite scent, increasing moisture, and more. I've only listed a few here, but there are many more out to discover!

- **Essential oils** – the simplest way to add additional beneficial properties to your scrub. [Lavender](#), [Rose](#), and [Geranium](#) help reduce wrinkles and tighten skin, while [Frankincense](#), [Melaleuca](#), and [Lemon](#) oils help with oily or acne-prone skin.
- **Avocado** – moisturizing avocado will leave skin feeling soft and supple
- **Turmeric** – this spice can help even skin tones and reduce redness

Making Your Scrub

Once you've chosen your ingredients, it's time to mix up your scrub! Simply add 2 Tbsp. each of your exfoliant and binder to a small bowl or jar. The amount of bonus ingredient you add will depend on what it is: add 3 drops of essential oils, 1 tsp. of spices, and 1 Tbsp. of fruits or vegetables.

Each recipe should make enough for one use, but if you find you have some scrub left over, you can store it in the fridge for up to a week in an airtight container.



Scrub #1 – For Oily Skin

I mixed baking soda, egg whites, and [Melaleuca](#) essential oil. With its oil-absorbing, pore-shrinking, antibacterial properties, this scrub is perfect for teenagers, and anyone with oily, acne-prone skin.



Scrub #2 – For Dry Skin

I mixed together oatmeal, coconut oil, and [Geranium](#) oil. Moisturizing and skin-nourishing, this scrub is well-suited for combination to dry skin types.



Scrub #3 – For Sensitive Skin

I mixed up brown sugar, honey, and [Lavender](#) oil. This is a great scrub for those with sensitive skin, as it isn't too abrasive. The honey and Lavender oil will also help soothe redness and irritation.

How to use your face scrub:

First wash your skin with your favorite cleanser and rinse it well. While face is still wet, apply enough scrub to cover your face, massaging in a circular motion to allow the granules to remove dead skin cells. Finally, rinse off well and apply moisturizer. Also great for hands and cuticles!

Your skin will look and feel refreshed and you'll never BUY another face scrub again! :-)