

HIMALAYAN PINK SALT SCRUB

sea salt and orchid

Light a few candles, turn on the music, and create a luxurious spa environment in your own home while using this exfoliating and nourishing Himalayan pink salt body scrub. Himalayan pink salt provides numerous benefits for your skin and when paired with whipped foaming bath butter base, it will leave your skin feeling refreshingly soft and smooth.

TIME: 15 minutes

RECIPE MAKES: Approximately 11/8 cups*
**more or less depending on adjustments*



Notes: *This salt scrub is easily customizable to your liking and can be made in larger quantities. You can adjust the ratios of the ingredients to make a more exfoliating scrub or a more moisturizing scrub. Be sure to adjust your fragrance oil amount accordingly if you adjust the soap base.*

We selected Sea Salt and Orchid for our fragrance oil to blend with the coconut oil smell, but any fragrance oil that is fruity or tropical would work well.

MATERIALS:

Stephensons Foaming Bath Butte Base (2 lb.)
Candle and Soap Scale
Sea Salt and Orchid 1 oz. Bottle
8 Inch Silicone Spatula

ADDITIONAL ITEMS NEEDED:

Note: Equipment should not be re-used for food prep.

Himalyan pink salt (fine)
Coconut oil
Containers to hold your scrub
Cutting board
Large mixing bowl
Knife
Hand mixer with beater attachments
Paper Towels
Latex Gloves

CONTAINER RECOMMENDATIONS:

There are a lot of container possibilities for your scrub; look for containers with a screw on lid. If you plan on keeping your scrub in the shower, plastic lids are best to avoid any rusting issues. Here are a few container ideas that we love for this project.

Tureen Jars
Mason Jars
Straight Sided Jars

DIRECTIONS

STEP 1: PREPARE YOUR SUPPLIES AND WORKSPACE

Wash your equipment and utensils in warm soapy water and dry thoroughly. Don't forget your workspace! Avoid any cross-contamination by spraying the area with rubbing alcohol or a 5% bleach solution, then wipe dry with a clean paper towel.

STEP 2. CUT AND WEIGH SOAP

Remove the Foaming Bath Butter Base from the tub and cut off about 1/3 of the soap block. It will be soft and very easy to work with. Cut this piece down into roughly 1" cubes.

Weigh out 6 oz. of the cubed soap base.

STEP 3. WHIP FOAMING BATH BUTTER BASE

Whip your soap base with a hand mixer. Mix on medium to medium-high speed for about 1 minute or until the soap base is smooth and airy like whipped cream.

STEP 3. MIX IN COCONUT OIL, FRAGRANCE OIL, AND PINK SALT

Measure and add 1 tsp. of coconut oil to the soap base. Weigh out and add .15 oz of Sea Salt and Orchid fragrance oil. Stir both ingredients into the whipped soap base making sure they are fully incorporated.

PRO TIP: When weighing out small quantities of fragrance oil, use pipettes to make it a little easier on yourself.

Weigh about 7.25 oz. of fine Himalayan pink salt. Pour into the soap mixture and mix in fully.

Note: A 50/50 ratio of salt to soap is a good place to start for your recipe if you want to customize your scrub. We chose to add a tiny bit more salt to ours for a little extra exfoliation. You can adjust the ratios to your liking.

You're done! Spoon your scrub into the container or containers of your choice.

Congratulations! You just made your own Himalayan pink salt scrub. Add the special finishing touch of your own label. Head over to avery.com/candlescience to get started designing your own and take 10% off your label order!

Did you make it? Show off your Himalayan pink salt scrub, and all your handmade creations, with the CandleScience community by tagging us @CandleScience and using the #CandleScientist hashtag on Facebook, Twitter, and Instagram. We may feature you in our Stories or on our website!