

NEW UNIONVILLE HOME SOCIETY ADULT DAY PROGRAM

CLIENT ACTIVITY: VANILLA BROWN SUGAR SCRUB

INGREDIENTS:

- 1 cup brown sugar
- 1/2 cup oil (almond, olive or [coconut](#) work best)
- 1/2 teaspoon [vitamin E oil](#)
- 1 teaspoon real vanilla extract

DIRECTIONS:

1. Place all ingredients in a bowl and mix together. You can add more or less oil to your liking.
2. Store in an air tight container. Since this recipe doesn't contain any preservatives, it's best if it's used within a month or two.

HOW TO USE:

- Scoop a small amount of the Vanilla Brown Sugar Scrub in your hands with a spoon.
 - Scrub all over your hands or feet – or wherever you'd like a little extra softness.
 - Allow to sit on your on your skin for 3-4 minutes. Enjoy this time to rest and relax.
 - Rinse well and then pat dry with a towel.
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