



DIY Peppermint Antibacterial Hand Scrub

It's easy to get your hands (and under your nails) scrupulously clean with this beautiful, moisturizing, antibacterial hand scrub. It's also easy and inexpensive to make. It also makes an amazing holiday gift.

The Ingredients

- 1 wide-mouth 1/2 liter mason jar
- 8 tbsp sea salt
- 8 tbsp Epsom salt About 1 1/2 cups of grape seed or sweet almond oil
- 1 tsp Vitamin E oil
- 30 drops peppermint essential oil
- 20 drops tea tree essential oil
- 2 tbsp dried mint leaves (this is optional and might be nice to add if you are making this as a gift)

The Directions

Wash your jar with hot, soapy water and dry well. Place your salt in the jar. Pour over the oil and let the salt absorb it for a minute or two. You may need to add a little more oil. You want the consistency of the scrub to be like wet sand – not too goopy! Add the essential oils (and dried mint if using), and mix well with a popsicle stick or teaspoon.

Storage

If storing as a gift, close lid and store in dark, cool spot. Shelf life is up to 6 months.