

# Plentiful Programs

## *Creative Workshops for Children and Adults*

***You don't have to spend a lot of money on fancy facial and body scrubs.  
Sometimes all it takes is a look around your pantry!***

### **Do-It-Yourself Guide**

**A quick explanation of common ingredients and the categories they fall in to.  
HAVE FUN mixing and finding out whats best for YOU!!!**

#### **Exfoliants**

*The exfoliating ingredient is what makes a “scrub” a “scrub!” The rough or granular ingredient helps slough off dead skins 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.*

- 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.*

- 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.

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### Recipes and more!

#### **Food for Your Face (and Body)**

*In addition to making your face feel clean and renewed, a good facial scrub can prevent breakouts and exfoliate dry skin. Next time you're ready for a facial, try making a scrub at home. Below are some favorite homemade scrub recipes but, with a little practice you can swap out ingredients and create a unique scrub that suits your preferences. All measurements are approximate*

#### Green Tea Sugar Honey scrub

- 2 tbsp green tea concentrated
  - Approx 2 Tbsp granulated sugar
  - 1 tsp honey
1. Brew and cool tea. Add 2 tbsp to small bowl.
  2. Keep adding sugar until the mixture has a consistency that's gritty enough to scrub your skin, but still wet enough to apply easily.
  3. Stir in honey. Make sure it's thoroughly mixed in.
  4. Apply the scrub to a freshly washed face. Rub the scrub all over your face, concentrating in spots that are dry. Use a wet washcloth to remove the scrub, and splash cold water over your face when you're finished.
  5. Put the mixture in a jar sealed with a lid. Keep it in a cool, dry place. It should last for several weeks.

#### Oil Lemon Sugar Honey Scrub

- 1 tbsp honey
  - 1/2 fresh lemon
  - 1/2 cup of granulated sugar
  - 1 tbsp of olive oil – or grape seed, coconut, canola
  - 1 tbsp of organic honey
1. Add lemon juice and oil in to a bowl until they mix together.
  2. Add the honey and whisk or stir quickly until the ingredients bind together into a medium thick consistency. *You can add or subtract the amount of olive oil and honey that you use depending on how thick you want your scrub to be.*
  3. Add in the sugar and mix. *If you sense that there is not enough sugar to get the scrubbing done, add a bit more. Again, this is a personal preference.*

#### Oatmeal Brown Sugar Face/Body Scrub

- 2 heaping tablespoons Oatmeal
  - 2 Tbsp Oil of choice
  - 2 Tbsp Brown Sugar
1. Mix all ingredients together.

#### Oatmeal Baking soda scrub

- 2 heaping tablespoons Oatmeal
  - 1 teaspoon Baking soda
1. Mix the oatmeal and baking soda
  2. Add enough water to make a sticky paste. *Double the ingredients if you need more*

#### Moisturizing Oatmeal Facial Mask (Dry Skin)

- 2 tablespoons oatmeal
  - 1 teaspoon lemon juice
  - 1-tablespoon honey
1. Mix together oats, lemon juice and honey. Apply to face. Rinse with warm water.



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## Epsom Salt / Coarse Sea Salt BODY Scrub

- 4 tablespoons Epsom salt or coarse salt crystals
- 2 tablespoons of olive oil
- 1 tablespoons lemon or lime juice
- Herb of choice (optional)

1. Combine salts and oil
2. Add chosen juice and herb

## Coconut Oil Sugar scrub

### **Ingredients**

**1/8 cup granulated sugar or Brown sugar**

**4Tbsp coconut oil**

Combine all ingredients. (Do not heat the coconut oil prior to mixing, hot oil will dissolve the sugar.)

### Benefits of the Ingredients

**Lemon** – A natural source of Vitamin C; an ingredient commonly used to lighten sun and age spots and even out skin tone; A natural astringent that tightens pores and brightens the complexion.

**Sugar** – A natural exfoliator; a natural source of glycolic acid which evens out skin tone, cleans pores, and improves overall skin texture by removing dead, dull skin cells.

**Olive Oil** – High in Vitamin E which soothes and heals skin; a natural moisturizing ingredient often used for it's anti-aging benefits.

**Coconut Oil** – Naturally antibacterial and anti fungal. Edible. Excellent moisturizer that penetrates better than other oils.

**Honey** – A natural source of anti-oxidants making it a perfect ingredient for age prevention; a natural humectant so it locks water into the skin keeping the complexion hydrated; the antibacterial properties benefit acne-prone skin by reducing breakouts.

**Oatmeal** contains avenanthramides, antioxidant and anti-inflammatory compounds that soothe itchy, dry and irritated skin. Oatmeal is also great for acne-prone skin because it absorbs oil from the skin's surface.

**Apple** has antioxidants and helps prevent cell and tissue damage. It is also a mild fruit acid (alpha hydroxy acid) to remove dead skin cells. Apple also helps reduce and control oil and blemishes.

**Baking soda** gently exfoliates dead skin cells. It helps open and deep cleanse pores and is also good for clearing away blackheads and absorbing excess oil from the skin.

**Bananas** have anti-aging skin benefits, but are also good for sensitive and acne-prone skin. Because of anti-bacterial properties, bananas help blemishes heal.

**Egg** Egg whites draw out excess oils and the yolk moisturizes. Some people like to use just the egg whites in masks for skin toning.

**Green tea** has a lot of antioxidants and can even be used to treat acne. Its one of the most natural ways to help your skin appear brighter and flawless.

**Vinegar** is acidic and has antiseptic properties, which gets rid of bacteria. It also restores the skin's pH balance. Some people use white distilled vinegar or apple cider vinegar, but white wine vinegar is milder.

**Epsom Salts** - naturally softens skin, sloughs away dead cells, reduces inflammation, and relaxes muscles. It can be substituted with coarse salt crystals, which will cosmetically do a similar job, but which lacks the benefits of the magnesium sulfide.

### **How to properly use a facial scrub**

*Dry skin works best with oil based scrubs. Feel free to wipe your face with water and pat dry before beginning.*

1. GENTLY massage your DRY skin with the facial scrub all over your face, neck and cleavage. Don't rub it in too hard, and avoid getting the scrub on the area around your eyes.
2. Rinse it off with lukewarm water, end with a splash of cold; pat your skin; moisturize.