

Spa Day for Tweens and Teens



D.I.Y Foot Scrub

Here's what you need:

- 1- 8 Oz jar
- Pyrex Measuring Cup
- 1 bowl
- 1/2 cup of sugar (white or brown)
- 1/2 cup of Epsom Salt
- Raw Honey
- Coconut oil
- 5 drops of lemon essential oil - or your favorite oil

Here's what you do:

1. In a Pyrex measuring cup, melt your coconut oil for 30 to 40 seconds
2. In a bowl, add 1/2 cup of sugar and 1/2 cup of Epsom salt.
3. Add a small amount of raw honey (no more than a teaspoon)
4. Add coconut oil: blend and mix well.
5. Add 5 drops of your favorite essential oil and mix well.
6. Scoop your finished foot scrub into a mason jar.

SCENTED HOMEMADE LIP BALM RECIPE

- 1 Tbsp Beeswax Pellets
- 1 Tbsp Coconut Oil
- 1 Tbsp Shea Butter
- 12 Drops Citrus Essential Oil or oil of your choice

INSTRUCTIONS:

1. Melt together the shea butter, coconut oil and beeswax pellets in a Pyrex measuring glass. Heat in the microwave and heating for 30 seconds, stir, heat for another 30 seconds, stir. Continue doing this until the beeswax is entirely melted.
2. Add your essential oils into the Pyrex measuring glass, and stir to mix



3. While still liquid, fill your containers. If you have a steady hand, you can simply pour it in.
4. Set aside and allow to cool.

Enjoy All Year!

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