

## **Calendula Sugar Scrub**

**Calendula flowers are great for the skin. They are astringent, anti-fungal and anti-bacterial.**

### **Ingredients:**

**1 cup calendula flowers (for added extra you can pluck the petals only instead of the whole flower and leave them in the oil to add to the scrub)**

**½ cup of sweet almond or olive oil**

**½ cup coconut oil**

**10-15 drops tea tree oil (optional)**

**2 cups pure cane, natural unbleached and unprocessed sugar**

**Warm the flowers and oils together in a double boiler for about an hour to infuse the calendula to the oils, strain off the flowers unless you just used petals. Allow to cool for about 15 minutes and add tea tree oil. Mix in the 2 cups of sugar and put in sealed container. Use this sugar scrub as often as you'd like all over the body.**