

jenni kayne

Pacific Natural

Simple Seasonal Entertaining



Foreword by Martha Stewart

RIZZOLI
NEW YORK



pumpkin body scrub

Fall Craft | Pumpkin Scrub

SUPPLIES

Makes 1 jar

½ cup coconut oil,
fractionated or melted
4½ teaspoons brown sugar
1½ teaspoons olive oil
¼ cup canned pumpkin
1 (4-ounce) glass jar

Especially in the winter months when the cold air tends to make skin feel dry, a moisturizing body scrub is a great way to pamper yourself. Pumpkin is a perfectly seasonal scent. Feel free to add a few dashes of spices like nutmeg, cinnamon, or cloves to really get in the spirit. Fractionated coconut oil is ideal, but melted will work.

To make pumpkin body scrub: In a medium-sized bowl, combine the melted coconut oil, brown sugar, olive oil, and pumpkin. Mix well. Scoop into jar. Stored in the refrigerator, scrub will last about 2 months. Once opened, refrigerate and keep for 4 days.