

# Cinnamon & Nutmeg Warming Body Scrub

## Ingredients

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- 1/2 cup coconut oil (softened)
- 1/2 cup brown sugar (unrefined)
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp vanilla extract (optional for a sweet aroma)

## Directions

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1. **Prepare the Coconut Oil:** If the coconut oil is solid, gently warm it until it becomes soft but not fully liquid.
2. **Mix Ingredients:** In a bowl, combine the brown sugar, softened coconut oil, cinnamon, nutmeg, and vanilla extract. Stir until you achieve a smooth, paste-like texture.
3. **Application:** In the shower, apply the scrub to damp skin in circular motions. Start with your legs and work up, focusing on dry areas like elbows and knees.
4. **Relax and Rinse:** Let the scrub sit on your skin for a minute or two to enjoy the warming sensation and the cozy aroma. Rinse thoroughly with warm water.
5. **Moisturize:** Pat skin dry and follow with your favorite moisturizer.

## Benefits

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- **Cinnamon:** Known for its warming and circulation-boosting effects, helping to relieve tension.
- **Nutmeg:** Naturally exfoliates and brightens the skin.
- **Coconut Oil:** Moisturizes deeply, leaving your skin soft and nourished.

