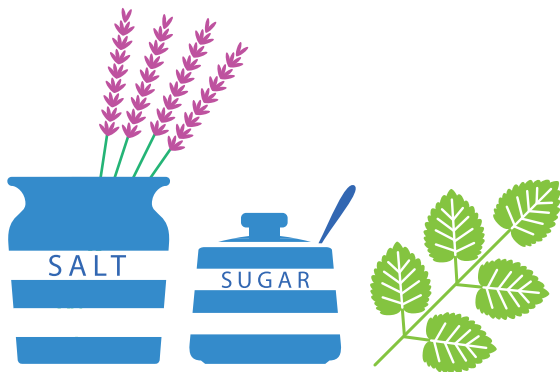


## MAKE YOUR OWN COSMETICS

# ORGANIC SUGAR & SEA SALT BODY SCRUB

Makes 220ml approx



### INGREDIENTS

75g organic sugar

115g sea salt

30ml organic coconut oil

5–10 drops organic lavender essential oil

5–10 drops organic peppermint essential oil

(or essential oil of your choice)

### INSTRUCTIONS

Combine the sugar, salt and coconut oil in a bowl.

Now add your essential oils and blend together.

That's it – simple!

### USE

Store in an airtight container and use within one month of making.

Please note: coconut oil will harden at room temperature.

# #DitchTheJunk



**Some cosmetics can contain certain synthetic chemicals that have been linked to an increased risk of breast cancer. One of the ways that you can reduce your exposure to these chemicals is to make your own cosmetics using natural and organic ingredients.**



For more information about safer cosmetics and toiletries, the links between hormone-disrupting chemicals and breast cancer, and how you can support our campaign, visit our website at:



[www.breastcanceruk.org.uk/ditchthejunk](http://www.breastcanceruk.org.uk/ditchthejunk)

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## DISCLAIMER

This recipe card is for information purposes only and is intended to help demonstrate that there are alternatives to the expensive, heavily fragrant and chemically laden cosmetics on the supermarket shelves.

We have to be honest, we at Breast Cancer UK are not beauty experts and we cannot claim that these homemade recipes will cure you of wrinkles or blemishes – but they are fun to make, use very few ingredients, won't harm the environment and above all, are free from the synthetic chemicals that have been linked to breast cancer.

Breast Cancer UK accepts no responsibility for any allergies, incidents or mishaps that may occur as a result of making or using this recipe. So if you do have sensitive skin, have known allergies to essential oils or honey pollen, are pregnant or under a physician's care, please seek medical advice before trying these out.

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**Breast Cancer UK works to tackle the environmental and chemical causes of breast cancer.**

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