

Rosemary and Lemon Hand Scrub

With the Community Hub of
St Georges Road Primary School & Shepparton English Language Centre



Make and enjoy
with all your
family :-)

Ingredients

- 1 cup Sugar
- 2 tablespoons of coconut oil
- Lemon zest
- 2 tablespoons lemon juice
- 2 sprigs of rosemary



(in your pack)



Grate lemon for zest



Chop rosemary
roughly



Put sugar, lemon zest
and rosemary in a bowl



Melt coconut oil in saucepan



Pour into mixture



Squeeze lemons



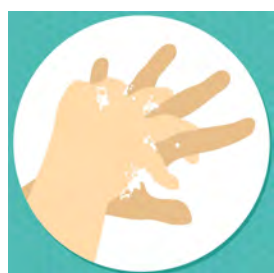
Pour into mixture



Mix together



Store in jar in the
fridge. It will last
for 2 months.



- *Use scrub gently on your hands for 1 or 2 minutes
- *Smell, enjoy..
- *Wash off with water

The sugar acts as an exfoliant, the coconut oil is a moisturiser, and the rosemary and lemon juice have antibacterial and disinfectant properties

- *Rosemary was grown in the kitchen garden
- *Lemons are from Vicki and Liz's garden + kitchen garden

Recipe from Gardening Australia

<https://www.abc.net.au/gardening/factsheets/rosemary-and-lemon-hand-balm/12229254>



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