

DIY LIP SCRUB

A lip scrub is a sweet and satisfying way to exfoliate your lips, making your lips softer and smoother. Make your own DIY lip scrub with everyday ingredients.

BEFORE YOU GET STARTED

Recommended Ages: Grades K - 12

Estimated Time: 15 - 20 minutes

Stuff you'll need:

- Vanilla extract
- Food Coloring
- Granulated Sugar
- Olive Oil
- Small container

Caregivers should consider: Girls should ask permission before using any materials.



BADGE OR JOURNEY STEPS COMPLETED

Cadette Science of Happiness Badge – Step 1
Senior Science of Style Badge – Step 1

THE FUN PART

1. Mix ½ teaspoon of olive oil and ½ teaspoon of granulated sugar in a bowl.
2. Add in a drop of vanilla extract and mix it with the sugar and the oil.
3. Add 1-2 drops of food coloring into the mixture. It is recommended to stay light on the food coloring since it might temporarily stain your lips and pick a practical color (i.e. pink shade). TIP: If you want to add a little color to your lips, you can add a drop of red and a drop of pink.
4. Put the lip balm scrub mixture into the container and you are done!
5. Use once a week for soft and smooth lips. Use your finger to apply a small amount of the scrub to your lips and use gentle circular motions to exfoliate.
6. Way to go! You did it! Share on social media with your caregiver's permission. Use the hashtag #GSGIDIY

