

# MERMAID SUGAR SCRUB

## AGES

Teens/tweens

## PROGRAM DESCRIPTION

Make your own natural body scrub with a mermaid twist! Perfect for dry skin from all that time in the summer sun. This easy recipe would make a great in-person program or take-and-make bag for teens. Suggested runtime: 45 min.



Image source: Shutterstock

## MATERIALS AND PREPARATION

Materials:

- Granulated sugar
- Fractionated coconut oil
- Containers
- Essential oils (optional)
- Soap colorant or food coloring (optional)
- Sugar sprinkles (optional)

### TIP:

Leave out colorants for an allergy-free option. You could also use natural items for color, such as tea bags, green leaves, or flower petals.

### ADAPTATION:

Beeswax food wraps (toaster oven required), <https://bit.ly/3hShiPg>, or reusable straw holders, <https://bit.ly/3fRaRJG>, also make good eco-friendly DIY projects.

Instructions:

- Mix together the coconut oil and the granulated sugar. A good ratio to begin with is 4 parts sugar to one part oil, but you can add more oil or more sugar to get the consistency that you like.
- If using, add in a couple of drops of food coloring and/or sugar sprinkles, and mix well.
- Once everything has been mixed, add a few drops of essential oils, if desired.

## UNIQUE SPACE AND/OR PERSONNEL NEEDS

Solo-librarian friendly.

## RESOURCES

### Web

Two-step mermaid scrub from *Ruffles and Rain Boots*:

<https://bit.ly/3p16Q9x>

“Mermaid Sugar Scrub” from *Nerdy Mamma*: <https://bit.ly/2SA4LoQ>

Mermaid scrub recipe with printable from *We Three Shanes*:

<https://bit.ly/2QZd3GD>

### Books

#### Fiction

*Sea Witch* (2018) by Sarah Henning (YA)

*The Siren* (2017) by Kiera Cass (YA)

*The Vicious Deep* (2012) by Zoraida Córdova (YA)

*Mermaid Moon* (2020) by Susann Cokal (YA)

#### Non-fiction

*Bath Bombs, Body Scrubs & More!: Over 50 Natural Bath and Beauty Recipes for Gorgeous Skin* (2019) by Isabel Bercaw and Caroline Bercaw (YA)

*Homemade Beauty: 150 Simple Beauty Recipes Made from All-Natural Ingredients* (2014) by Annie Strole (YA)

*DIY Beauty* (2019) by Ina De Clercq (YA)