

Indulgent pamper gifts your mum will love

Face and body scrub

This is a recipe for a lemon and bergamot sugar scrub, but you can change the oils according to the different seasons. For example, lemon and lime for summer or lemon and lavender for winter.

You will need:

- 1/3 cup brown sugar (the finer the better)
- A squeeze of lemon juice
- Lemon rind
- 1 tablespoon of melted coconut oil
- 1/3 cup olive oil
- A few drops of bergamot essential oil (or Mum's favourite fragrance oil)

Mix everything together in a large bowl and decant into a container of your choice. It smells so luxurious and, unlike many store-bought scrubs, it doesn't have any microbeads that can harm the environment.

Bath salts

These make a luxurious gift if decanted into an attractive jar saw a similar product on sale for \$30 at a health store, but you can make this for one-third of the cost.

You will need:

- 1 kilogram of Epsom salts
- Herbal tea such as elderflower (it's a great way to use up any leftover herbal tea you no longer want to drink)
- Lavender and geranium essential oils (or Mum's favourite fragrance oils)

Mix everything together and decant into a jar of your choice.



This is an edited extract from *A Zero Waste Life* by Anita Vandyke