

DIY Lip Scrubs

How to Exfoliate Your Lips

- ❖ **Clean and pat dry lips:** Before exfoliating, it's important to ensure that your lips are clean and dry. This means removing any trace of lipstick or gloss, and following up by patting dry.
- ❖ **Exfoliate gently:** Use a circular motion to rub the skin on the lips with your desired DIY product, or follow the instructions on your purchased product. Be sure not to scrub, irritate, or break the skin if peeling has caused an open sore/wound..
- ❖ **Moisturize:** Follow up with a thin layer of lip balm to form a protective barrier, preferably with SPF.

Coconut lip scrub

Whether you're vegan, have an allergy, or just don't have honey on hand, a lip scrub without honey is of course possible. This simple all-coconut recipe will do the trick just as well.

Ingredients:

- 1 ½ tsp coconut oil
- 1 tsp coconut sugar

Strawberry lip scrub

Strawberries are full of citric acid and vitamin C, which help polish your lips and combat aging signs around your mouth.

Ingredients:

- 1 strawberry
- ½ tsp coconut oil
- 2 tsp raw sugar
- ½ tsp honey

Directions:

1. Mash the strawberry with a fork.
2. Combine with remaining ingredients.

Cinnamon lip scrub

“To keep up with the trend of plumper, fuller lips, I recommend lip scrubs with cinnamon (or peppermint) in them,” says Marianna. Try this cinnamon-based lip scrub recipe:

Ingredients:

- 2 tbsp coconut sugar
- 2 tbsp coconut oil
- 1 tbsp cinnamon
- 1 tbsp honey

Directions:

- Combine all ingredients and use as a scrub.
- Store in an airtight container when not in use.

