

## Client: WeStyleAsia.Com

### DIY scrubs

You can easily get scrubs off the shelves at your nearby beauty stores. However, do you really know what it is made of? Sure, you could read the labels but does any of it actually make sense?

Probably not, which is why making your own scrub is the way to go. Besides, if your skin is harder to please, it helps to put milder ingredients on it. This way, there is no wasting the scrub if it does not suit you, plus you can customize your own scrubs!

Regardless of your skin type, we will have a scrub suited for you.



Image Source: <https://pixabay.com/en/body-scrub-scrub-hand-scrub-1844552/>

#### **TIP:**

- 1) Always try on a small area of your skin before you slather all over your body!
- 2) Scrubs are great and all but less is always more. Stick to once a week!
- 3) Use sea salts only on the tougher skin on your body like your elbows, knees and feet. This rough texture will slough off the harder dead skin.

## Normal Skin

Starting off easy, is those with normal skin. By that, we mean those whose skin does not constantly breakout at the touch of off the shelf skin care products. However, it does not hurt to keep your skin supple and moisturized.



Image source: <http://www.thenovicechefblog.com/2013/05/diy-coconut-sugar-scrub/>

## Coconut Sugar Scrub

This scrub is perfect when you do not have a lot of time and just need a quick exfoliator!

You will need:

- 1 tablespoon of extra virgin coconut oil
- 2 tablespoons of brown sugar

Mix the two ingredients in a small bowl and stir well. After that, rub adequate amounts onto a clean face for about 60 seconds. You do not need to keep it on your face and can be rinsed out after 1 minute. If you want to make a big batch of it, you might want to store it in the fridge as coconut oil will not stay in solid form for long.



Image Source: <https://www.soapqueen.com/bath-and-body-tutorials/blueberry-jam-sugar-scrub/>

### **Blueberry & Honey Scrub**

This scrub is perfect to give you that refreshing glow! You will need:

- Half a cup of fresh blueberries (or more depending on how much you want to make)
- 2 tablespoons of Honey (raw is always best)
- 2 tablespoons of brown sugar

There are two ways to do this. Mash it together with a spoon or toss it into a blender and blend till it's smooth. We prefer the blender.

Take a generous dollop and rub it onto a clean face and leave it on for 15 minutes before you rinse off with warm water.

## Dry Skin

Dry skin is a bit tricky as your skin is probably peeling anyways. You would want to stay away from any sort of harsh scrubs. No sugar, no oatmeal and definitely no sea salts. While other skin types can get away with scrubs once or twice a week, those with dry skin should stick to once a month.

We recommend using ground rice. It is soft while having exfoliating properties and Asians are known to benefit from this for a long time.



*Image Source: <http://www.searchhomeremedy.com/8-diy-homemade-rice-body-scrubs-for-a-fabulous-skin/>*

### Rice & Aloe Vera Scrub

This moisturizing scrub will give your dry skin the moisture it needs!

You will need:

- One Aloe Vera leaf
- 2 tablespoons of ground rice

Scoop out the gel-like substance from the leaf and mash it up. Add in the ground rice and mix well. Slather on and gently rub onto your skin. There is no need to leave it on and can be washed after 2 minutes of gently massaging.



Image Source: <https://www.pexels.com/photo/berry-close-up-cooking-delicious-141815/>

### **Strawberry & Rice Scrub**

This nourishing and moisturizing concoction will provide your skin with the vitamins and moisture it desperately needs. Plus, it smells amazing!

You will need:

- 5 Strawberries (you can add in more if it's not enough)
- 2 Tablespoons ground rice

Crush the strawberries into a mush and mix well with the grounded rice. Rub a generous amount onto a clean face and leave on for not more than 15 minutes. Rinse well with warm water.

## Oily Skin

Chances are with those who have oily skin, they are on a constant lookout for products that help absorb excess sebum.



Image Source: <http://www.iheartnaptime.net/cucumber-sugar-scrub/>

### Cucumber & Oatmeal Scrub

Cucumber is good for absorbing excess oil while making sure your skin is still moisturized!  
You will need

- Half a cucumber
- 2 tablespoons of oatmeal

Grate or mash the cucumber. Mix it well with the oatmeal and rub onto a clean face. Massage well and leave on for 10 minutes before rinsing off with warm water.



Image Source: <http://www.theidearoom.net/lemon-sugar-scrub/>

### **Lemon yoghurt & Sugar Scrub**

This zesty scrub is perfect to slough off those stubborn dead skin that stick on your face and body. It will give your skin a smooth and soft texture that of a baby's bottom!

You will need:

- 2 tablespoon of lemon juice
- 2 table spoons of brown sugar
- 1 tablespoon of yoghurt

Mix all three ingredients well and apply generously onto a clean face. Massage well for a minute and allow it to sit for 10 minutes before rinsing off with warm water.

## Dull Skin

So, your skin is not problematic but it is just so void of any glow that you are lost as to how make it better? Well, a common solution is always with what you eat of course. Loads of fruits, veggies and water daily is the key to healthy, youthful and glowing skin.

The cherry on top is of course your skin care routines. The most overlooked one is scrubs. So scrub away the dead layer of skin to allow your skin to renew itself.



Image Source: <http://naturalcare.bodyxbeauty.com/how-you-can-use-turmeric-for-acne/>

## Turmeric Face Scrub

It sounds daunting because of the yellow staining but do not worry because it goes away after a few rinses. This is a personal homemade scrub that was used on me by my grandmother to cleanse, brighten and nourish my skin. It works like a charm!

You will need:

- 1 tablespoon of Turmeric (more if you want to cover your entire body)
- 2 tablespoons of milk
- 1 tablespoon of ground rice



Mix the ingredients well till it forms a thick paste. Rub and massage well onto a cleansed skin. Leave on until the paste hardens and starts cracking on its own. This should take about 20 minutes. Rinse well until everything washes off.



Image Source: <https://scribblebyday.com/beauty/natural-fruit-scrub-for-your-skin-during-change-of-season/>

### **Papaya & Sugar Scrub**

Papaya is known to remove dark spots and brighten the skin while retaining moisture!

You will need:

- half a cup of mashed papaya
- 2 tablespoons of brown sugar

Mix the ingredients well and massage onto a clean face for about 60 seconds. Allow the paste to sit for 15 minutes before rinsing off with warm water.

## Ageing Skin

You do not have to be old to have mature skin. Mature skin looks weathered and lacks moisture. Often, those that don't exfoliate or don't use sunscreen consistently will experience skin that resembles leather over time.

A way to fight this is of course to take good care of your skin by giving it the nourishment it needs while using a skin care routine that fits the problem. Apart from that is coffee.

Yup! Drink it, wear it, bathe in it.

Coffee is known to energise us and gives us that morning boost (or nightly boost when the deadlines are nearing) so it is not a big surprise that it helps give our skin the boost it needs as well!



Image Source: <http://mytopface.com/top-5-winter-scrubs-for-your-skin/>

## Coffee & Coconut oil Scrub

You will need:

- 2 tablespoons of coffee
- 2 tablespoons of coconut oil

Mix all three ingredients well until it forms a paste. Massage the paste onto a clean face and leave of for 15 minutes before rinsing of with warm water.



Image Source: <https://www.jessoshii.com/diy-coffee-scrub/>

### **Coffee & Aloe Vera Scrub**

Two-in-one, anyone? Revitalise and moisturise at the same time!

You will need:

- 2 tablespoons of coffee
- 3 tablespoons of Aloe Vera gel

Using pure Aloe Vera is always best! Scoop out some of the gooey goodness and mix well with the coffee. Massage the paste onto a cleanse face and leave of for 15 minutes before rinsing off with warm water.

Hope these work for you! It would be best to make a bigger batch and store it into containers. Remember to always keep these in the fridge though as all natural also means no preservatives which could make it go bad!.

Pamper yourself and have fun experimenting!