



Pampered Foot Scrub

Recipe makes approximately 6- 4 oz. jars.

Here's What You Need:
Ingredients

[OLIVE Oil- Pomace](#)
[VEGETABLE GLYCERIN](#)
[STEARIC ACID - 1 Pound Bag](#)
[SILKY EMULSIFYING Wax](#)
[APRICOT KERNEL Oil- 16 oz.](#)
[SHEA BUTTER](#)
[Tangerine Dreams Fragrance Oil](#)
[VITAMIN E OIL \(Tocopherol T-50\) Natural](#)
[Orange Peel POWDER](#)
[Poppy Seed Whole](#)
[Aloe Vera Leaf Powder](#)
[OPTIPHEN - Preservative](#)
[4 oz. Clear PET JAR](#)
[White Straight Lid Smooth 58/400](#)
[THERMOMETER](#)

Other Ingredients & Equipment You'll Need:

Blender
Bowl
Stove
Hand Held Mixer
Distilled Water
Scale
Pots (for double boiler)



Here's How It's Done : Directions

Total Recipe Weights:

28 grams olive oil
29 grams vegetable glycerin
397 grams distilled water
43 grams stearic acid
56 grams silky emulsifying wax
113 grams apricot kernel oil
14 grams shea butter
11 grams Tangerine Dreams fragrance oil
5 grams vitamin E oil
7 grams grapefruit peel powder
18 grams poppy seed
7 grams aloe vera powder
7 grams optiphen

Clean & Sanitize your work area and all of your packaging materials. It is suggested that you wear gloves, protective clothing, and a hair net while preparing this recipe.

Step 1: Blend the 18 grams of poppy seed in a blender.

Step 2: In a large bowl, add 397 grams of distilled water, 28 grams olive oil, and 29 grams vegetable glycerin. Set this aside.

Step 3: Using the double boiler method on your stovetop, weigh and melt 43 grams stearic acid, 56 grams silky emulsifying wax, 113 grams Apricot Kernel oil, and 14 grams shea butter. Hold these ingredients at 175 degrees for 15-20 minutes. Then, remove from heat.

Step 4: While blending, slowly add the large bowl containing the water, olive oil, and vegetable glycerin mixture to the melted oil/butter/wax mixture. You will notice as the two mixtures combine it will become creamy and slightly thicker.

Step 5: Once the temperature reaches 120 degrees Fahrenheit, add 11 grams of Tangerine Dreams fragrance oil, 5 grams of Vitamin E, 7 grams orange peel powder, and 7 grams optiphen. Mix well.

Step 6: Next, add 18 grams of your blended poppy seed and 7 grams of aloe vera powder to your mixture. Mix well.

Step 7: Cover mixture and place in the refrigerator overnight.

Step 8: Remove the mixture from the refrigerator and beat with your hand mixer.

Step 9: Scoop the mixture into your 4 oz. PET jars and lid.

Your Pampered Foot Scrub is now ready for use. Enjoy!

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