Manuka Honey Sugar Scrub

When it comes to skincare, Authentic Manuka Honey is a soothing and hydrating way to incorporate natural ingredients into your daily routine. Use this scrub to gently exfoliate and revive tired skin.



SKILL LEVEL
Easy

PREP TIME
5 mins

Ingredients

- 1/2 cup of Capilano Manuka Honey
- 1 cup sugar
- 1 lemon (squeezed)

Method

1. Add sugar and lemon juice to a mixing bowl and stir to combine
2. Add honey and mix thoroughly

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!