



## Manuka Honey Sugar Scrub

When it comes to skincare, 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 [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Used in this recipe



### AUSTRALIAN MANUKA HONEY

#### Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

#### 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 Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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