



# Manuka Honey Sugar Scrub

When it comes to skincare, Active 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

- ½ cup of [Capilano Active 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 [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilano](#) on Instagram or Facebook and you could be featured on our page!



Used in this recipe



### Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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