



# 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 [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) 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 [capilanothoney.com.au](http://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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