



Hearts of Flutter Cherry Sugar Scrub
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Supplies List

- **Stamp:** Hearts a Flutter (#129252), Itty Bitty Banners Stamp Set (#132195-clear, #132914-wood)
- **Ink:** Pool Party Classic Ink (#126982), Crumb Cake Classic Ink (#126975), Cherry Cobbler Card Stock (#126966)
- **Paper:** Crumb Cake Card Stock (#120953), Pool Party Card Stock (#122924), Very Vanilla Card Stock (#101650), Rustic Red Metal Sheet, Brushed Bronze, Precious Pearl (**purchase at www.addalittledazzle.com**)
- **Accessories:** Big Shot (#113439), Designer Frames Folders (#123130), Bitty Banners Framelits (#129267), Hearts of Flutter Framelits (#130159), Two Tags Bigz Die (#115954) Full Heart Punch (#119883), 3/16" Corner Rounder Punch (#119871) Lacy Brocade Impressions Folder (#127819), Heat Tool (#129053), Clear Emboss Powder (#10930), Stampin' Dimensionals (#104430), Snail Adhesive (#104332), Mini Glue Dots (#103683), Artisan Embellishment Kit (#129328), 3" Circle Bigz Die (#122125), Jumbo Sticky Rounds (#127852), Crumb Cake Tulle (Stampin' Up! Retired)

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Dimensions:

- **Pool Party Card Stock:** 3" square (1 piece)
- **Crumb Cake Card Stock:** 3 ½" x 4 ½" (1 piece)
- **Very Vanilla Card Stock:** 1" x 3" (1 piece)
- **Precious Pearl Metal Sheet:** 3 ½" square (1 piece)
- **Rustic Red Metal Sheet:** 3" square (1 piece)
- **Brushed Bronze:** 2" x 3" (1 piece)
- **Lace from the Artisan Embellishment Kit:** (1 piece)

Instructions for Hearts of Flutter Cherry Sugar Scrub:

Step 1 Take the 3 ½" x 4 ½" Crumb Cake Card Stock, place it on the Two Tags Bigz Die, and run it through the Big Shot. Emboss this piece with the Lacy Brocade Impressions Folder. Cut 1" off the bottom of the tag and round the edges with the 3/16" Corner Rounder Punch. Sponge the piece with Crumb Cake Classic Ink.

Step 2 Take a piece of lace from the Artisan Embellishment Kit, fold it in half, and attach it with Hot Glue to the tag.

Step 3 Stamp the 3" square piece of Pool Party Card Stock with the heart. Pour Clear Embossing Powder over the image, remove excess, and set with the Heat Tool. Place the corresponding Heart Framelit over the stamped image, place a Sticky Note on top (to hold in place), and run it through the Big Shot.

Step 4 Place the 3" piece of Rustic Red Metal Sheet inside the Lacy Brocade Impressions Folder and run it through the Big Shot. Punch out the piece with the Heart Punch. Place Stampin' Dimensionals along the back and attach to the stamped Pool Party heart.

Step 5 Take the Brushed Bronze Metal Sheet, place it inside the Designer Frames Folder, run it through the Big Shot, and cut it out. Attach with Stampin' Dimensionals and Hot Glue to the front of the tag. Attach assembled heart from Step 4 to the tag.

Step 6 Stamp the sentiment with Cherry Cobbler Classic Ink, place framelit over image, and run through the Big Shot. Attach the Flower Button from the Artisan Embellishment Kit and the banner to the heart with a Stampin' Dimensional and Hot Glue.

Step 7 Use the 3" Circle Bigz Die and die cut a circle in Precious Pearl Metal Sheet. Emboss the piece with the Lacy Brocade Impressions Folder. Place Sticky Round in the center of the lid and attach the Precious Pearl Metal Sheet Circle.

Step 8 Make the Cherry Sugar Scrub, place it inside the Mason Jar (pint size), and tighten the lid on the jar. Wrap Crumb Cake Tulle around the lid, run it through the hole in the tag, and tie it in a knot.

Cherry Sugar Scrub

- 16 oz White Granulated Sugar
- 1 cup of Fractionated Coconut Oil
- 3 tbsp Imitation Cherry Extract or 2 tbsp Black Cherry Fragrance Oil 116
- Mason Jar (pint size)

Combine the White Sugar and Fractionated Coconut Oil in a medium glass bowl until the ingredients are well blended. Pour Imitation Cherry Extract or Black Cherry Fragrance Oil 116 in the sugar/oil mixture. Blend completely with a spatula. Use the spatula to transfer the mixture into the container and secure the lid.

Mix well with a dry spoon before each use. Place on wet skin and rub in a circular motion. Leave on skin for 3 minutes before rinsing.

**** Make sure it doesn't come in contact with water.**

What is a Sugar Scrub and its Benefits?

- All-over body treatment used to buff away dry skin & increase circulation.
- Exfoliates the skin and deep cleanses it.
- Repairs dry and flaky skin.
- All over body scrub and polisher.
- Great for all skin types, especially dry to very dry skin.

How to Use a Sugar Scrub

- For best results use a sugar scrub while taking a shower.
- Wet your body first, cleanse with soap or shower gel suitable for your skin type.
- Apply the sugar scrub to your feet first using a gentle circular motion.
- Work your way up your entire body.
- Avoid getting too close to the pubic area. This can cause a yeast infection.
- Rinse the scrub off in the shower and feel your smooth skin.
- Make sure to have a bath mat in the shower to avoid slipping.
- Do not put your hands directly into the sugar scrub as it can spread bacteria into it.
- Take a spoon and scoop some up in a plastic cup and take it with you into the shower.
- Do not allow water to enter your Sugar Scrub as it will cause bacterial growth.

Product Links

- **Black Cherry Fragrance Oil 116**

<http://www.wholesalesuppliesplus.com/ProductDetail.aspx?CatalogID=4&GroupID=3&CategoryID=2033&ProductID=7552&ProductName=Crafters+Choice%E2%84%A2+Black+Cherry+Fragrance+Oil+116>

We do not use Essential Oils in our recipes. We find Body Safe Fragrance Oils to be a safer alternative as you might not know of medical conditions the recipient might have. We recommend that you ALWAYS read through all ingredients carefully to ensure the safety of each one for any specific medical conditions or allergies. Please note that the amount of Fragrance Oil used is the safe recommended amount for the amount of sugar scrub being made. If you want a smaller Butterscotch Scent, use crushed Butterscotch Candy.

- **Fractionated Coconut Oil**

<http://www.wholesalesuppliesplus.com/ProductDetail.aspx?CatalogID=2&GroupID=583&CategoryID=1386&ProductID=3978&ProductName=Crafters+Choice%E2%84%A2+Coconut+Oil+-+Fraction>

Note: Fractionated Coconut Oil will remain in liquid form at temperatures below 76°F. Shelf Life is 1 year. No refrigeration required, but refrigeration can extend shelf life.

DISCLAIMER: *The information stated in this tutorial is a result of my research and findings and is not a substitute for professional medical prevention, diagnosis, or treatment. Please make sure to read all ingredients found in each product before using them. Please consult with your physician, pharmacist, or health care provider before taking any home remedies or supplements or following any treatment. Only your health care provider, personal physician, or pharmacist can provide you with advice on what is safe and effective for your unique needs or diagnose your particular medical history.*



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Order Stampin' Up! Supplies, Metal Sheets, and Accessories for creating this project at www.addalittledazzle.com

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