**Recipe for Cooking Your Own Sugar for Hair Removal**

Ingredients:

2 cups Sugar

¼ cup Lemon Juice

¼ cup Water

Mix ingredients together in a saucepan. Place on the stove and cook on Medium-High. Stir until sugar is dissolved. If you have a candy thermometer, heat to the Hard Ball stage. If you don’t have a thermometer, cook until boiling and stop when it reaches an amber color.

Sugar will remain hot for a very long time. Let it cool for about 7 hours before using it. I like to make it in the morning if I plan on sugaring in the evening. If you are in a hurry, to speed up the process of using it, you can put the saucepan in the freezer for 1 hour. When you take it out be careful as it still could be too hot for the skin. Stir it up. If it is a thick paste consistency, it should be cooled enough. If it is still runny, cool it a bit longer checking every 15 minutes.

Once it has cooled to just a little above room temperature (not too hot and it should be like a paste consistency--not like honey), you will be able to test it and see how it works.

Cooking your own sugar can be tricky so don’t be surprised if it doesn’t turn out perfect the first few times. If the sugar is not a great consistency for using in the paste method because it is too sticky or too firm, you still may be able to use it like a soft wax with strips, and that way, at least it doesn’t go to waste.

If you are trying to get it to the perfect consistency for the paste method, it may take some practise before getting the recipe just right. Every climate is different depending on elevation and humidity. Sometimes it will turn out differently if it’s raining or snowing. If it’s too sticky, you could try using a little bit less water the next time. If it’s too firm, you could try adding in a bit more water until you get the perfect consistency.

For fun, you could try other citrus juices as well, replacing the lemon with orange, grapefruit or lime. You could also add in a teaspoon of honey if desired. Another way to make your sugar unique is with essential oils. Don’t add too much since oil does not mix well with sugar, but 1-2 drops should be okay. You could even add a pinch of cocoa powder to make a chocolate flavored sugar. Have fun creating your own special sugar recipe.

Making homemade sugar is a tradition in some homes and has been passed down for generations. Although, don’t be disheartened if you don’t seem to have any luck with making your own sugar paste. You’re not alone as many people struggle with getting it right. Sometimes, it’s much simpler to order it already made in the exact consistency that you like.

Contact mygoldsugar.com for more helpful sugaring tips and tricks, and to view their 5 sugar flavors.

My Gold Sugar wouldn’t be in business if cooking sugar was as easy as 1-2-3. Some things to consider when deciding if it is worth making sugar for your own clients or busy salon, is the work and expertise that goes into each and every batch. First off, you need to find containers that can handle extremely high temperatures for when you are pouring your sugar since you need to pour it when it is still hot so it is liquid. These containers need to fit into your sugar warmers (if used). Second, you need to consider the environment you are cooking the sugar in. Do you have pets, for instance? Could the pet dander or fur make it into the sugar and cause problems with clients allergic to pets? Making sure the cooking area is sanitary and clean of potential allergens and harmful bacteria is important. The cost you save on purchasing sugar may not be any cost savings at all if you consider that your valuable time and energy could be going into marketing or booking paying clients. Maybe do some calculations to figure out if you spent the time doing services would you actually get paid more than if you are cooking sugar? If you are short on clients, could you actually make more money doing some type of marketing event or networking party in the evening to build a client base instead of being at home cooking sugar? As they say, time is money, so it’s worth taking some time to evaluate the numbers and see if it does indeed make sense for you and your salon or not. Some salons may only use one type of sugar but getting the sugar to come out to that exact consistency time and time again is challenging. Even one degree difference in cooking temperature, or teaspoon difference in water could change the consistency entirely. I have also found that stirring it faster or slower or less or more effects how the sugar turns out. If you find a sugar consistency you love, you want to know that every batch is that same type. At My Gold Sugar, we have put in the time to find out what works and how to get that perfect Firm or Soft sugar each and every time. And if for any reason you felt it wasn’t perfect, we could replace it. Whereas if you made it yourself, you end up throwing all that valuable time and material into the trash. Lastly, cooking sugar can be dangerous since you do heat the sugar to boiling and if it spills on you, it is thick and does not easily wipe off or cool down. Believe me, I know from first hand experience that sugar burns are the worst! Sugar is also highly flammable, so one time it accidentally overflowed from the pot onto the hot burners and immediately caught on fire. I was in a panic to put out the fire, which luckily I was able to do, but I did suffer a sore throat for a few days from breathing in the smoke. Needless to say, cook sugar at your own risk. And if you’d rather not, make it easy as 1-2-3 and order from mygoldsugar.com.

Good luck and success to you!

Grace J Power