

COFFEE BODY SCRUB

INGREDIENTS:

- 2 tbsp. Maragogype Whole Bean Coffee grinds
- 2 tbsp. Jojoba, Grapeseed, or Kukui Carrier Oil

In June, we're ready for the beach, spending time with friends and family, and getting plenty of sunshine. But as we transition from the spring to the summer, our skin can be dry and dull from these cooler months. Prep your skin for warm summer weather using this amazing recipe! Coffee is wonderful for exfoliating your skin. The rich scent of our Maragogype Whole Bean Coffee smells great, too! And while they may smell delicious, please don't eat the grinds after they've been mixed with oil. This recipe is also a great way to recycle used coffee grinds. For those with sensitive skin, test this scrub on a small area before applying to other areas of the body.



COFFEE BODY SCRUB INSTRUCTIONS



After brewing a pot of coffee, keep the grinds and allow them to cool completely. Add 2 tablespoons of the cooled coffee grinds to a small bowl and mix them together with the carrier oil of your choice.

Apply a small amount of the coffee scrub to your arms, legs, and feet. Gently massage the scrub against the skin for 10-15 seconds. Rinse with warm water. No soap is needed – The oil will help to gently moisturize your skin.

Avoid using the coffee scrub on your face, as the coarse grinds may irritate the skin.

