

Coffee Grounds Body Scrub

🕒 5 minutes

Makes 1 jar

Collect used coffee grounds from your own machine or your local cafe to make this nourishing body scrub. The addition of coconut oil and raw honey will help to moisturise and soften the skin.

Ingredients

1 cup coffee grounds

1/4 cup coconut oil

1/4 cup raw honey

Method

1. Combine all ingredients in a bowl and stir to thoroughly combine.
2. Transfer mixture to an airtight container or jar.
3. Apply directly to skin in the shower and rinse off after a few minutes.
4. Keep refrigerated.

