
COFFEE SCRUB



Your skin is your body's largest organ! The less dead skin lying around, the better your body can breathe through the skin, release toxins through the skin and receive and transmit important information from your outer environment. So, a super-duper easy way to slough off the old is to make this simple scrub! Enjoy!

Ingredients

- Leftover Organic Coffee grounds
- Organic Coconut oil
- Organic cinnamon powder
- Organic Vanilla Oil

Instructions

1. Take coffee grounds
2. Add coconut oil
3. Scent with cinnamon powder and/or vanilla oil

How to use

Step in the shower. Get wet. Turn the shower off (we so have to honor this planet) Take a small amount of the scrub mix and gently begin to scrub the entire body. You can even use this on your face. Be prepared for people coming in close as this is guaranteed to keep you smelling grande. It moisturizes too! You can make a big batch in about 3 minutes flat. Take out what you use over a few days and store the rest in the refrigerator!

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