

COFFEE, HONEY, MINT & FLOWER FACE & BODY SCRUB



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The honey helps with moisturisation, honey has antibacterial and anti-ageing properties and the mint is anti-inflammatory. Coffee helps with cellulite. Used a couple of times a week, this scrub will give your body a little extra love it needs. Makes 125g

125g raw sugar

1 tablespoon olive or coconut oil

1 tablespoon raw honey

¼ teaspoon lemon juice

½ handful spearmint or peppermint leaves, ripped into tiny pieces

handful of lavender, rose and calendula petals (or any petals you have in your garden)

Combine the sugar, oil and honey in a small bowl then mix in the lemon juice and mint. Store in a jar or airtight container for two weeks. Make it in small batches only so that it is fresh and active when you use it. Scoop up about a tablespoon at a time and rub onto your skin in the shower or bath rubbing in a circular motion. You can use this as often as needed.

TIP: Ripping, rather than chopping the leaves ensures more essential oils stay in the scrub.

