

Coconut, honey & chocolate body scrub

Ingredients

125g organic coconut sugar

1 tablespoon coconut oil

1 tablespoon raw honey

1 teaspoon cocoa powder

½ handful spearmint or peppermint leaves, ripped into tiny pieces (any herbs are fine to use)

OPTIONAL: 1 teaspoon of used coffee grinds

Method

Combine everything in a bowl. Mix until combined but don't over mix or it will turn sloppy. 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 mint leaves ensures more essential oils stay in the scrub.*



The coconut helps with moisturisation, honey has antibacterial and anti-ageing properties and the mint is anti-inflammatory.

Used a couple of times a week, this scrub will give your body a little extra love it needs.