

Coffee Foot Scrub

Basic

- 1 c finely ground coffee (not instant)
- 1/4 c sugar
- 1/4 t vanilla extract
- 1 T liquid soap (castile or similar)
- 3/4 c oil olive is good, sweet almond, apricot kernel, use our Anointing Oils; if all you have is 'vegetable oil' use that

Essential Oils

- Rosemary, eucalyptus and lavender are good choices for this - OR go with patchouli / vetiver would be earthy and lovely

Only about 15-20 drops total

Why Coffee?

The grounds won't dissolve in water making it an excellent exfoliant and contains antioxidants which benefit the skin - and caffeine which boosts collagen. Using oil with the blend nourishes the skin.

Commonsense warnings: don't slip in the bathtub - and be mindful of the drains. I like to use mine as a foot scrub and toss the water outside.