



Brown Sugar Vanilla Coffee Scrub

Personal
Care

This scrub exfoliates, moisturizes, and leaves you glowing—perfect for a pampering session that fits your holistic flow. Let's get that skin shining the Wise & Wild Way! *New to coffee on skin? Patch Test it first.*

Ingredients

- 1 cup fresh organic coffee grounds
- ½ cup organic brown sugar
- ¼ cup organic olive, jojoba, or sweet almond oil
- 1 tablespoon pure, organic vanilla essential oil or extract

Directions

1. Mix all ingredients in a bowl until blended. If it's too crumbly, add a splash more oil for a smooth texture.
2. In the shower, rub the scrub onto your skin with a loofah or your hands, focusing on dry spots like elbows or heels.
3. Rinse off and pat dry—feel that silky glow!
4. Store in an airtight container in the fridge. Toss if you spot mold (usually lasts 1–2 weeks).

Patch Test (for Skin Sensitivity)

1. Wash your inner arm (wrist to elbow) and pat dry.
2. Rub a small amount of scrub on a patch, then wipe off.
3. Wait 24 hours. No redness or itching? You're good to glow!

Bonus Tips (The Wise & Wild Way)

- **Mix and Match:** Swap vanilla for lavender or peppermint essential oil for a refreshing twist. Feeling fancy? Add a pinch of cinnamon for warmth.
- **Follow up:** With Tallow Balm to complete your pampering session—The Wise & Wild Way

