



# DIY Coffee Facial Scrub

The coffee facial mask is essential for a quick AM pick me up. While the scent will have you hankering for your morning cup of joe (wake-up included!), it's ideal for all skin types. Check out the add-ins depending on your skin woes. *Fun Fact:* About 10 years ago, beauty product manufacturers started to use caffeine as an ingredient in facial products because of its incredible tightening effects.

## What You'll Need:

- 1/2 Cup ground organic coffee beans (you can grind your own or buy pre-ground)
- 1/2 Cup organic, unsweetened cocoa powder
- 1 Cup of unsweetened whole milk (if you aren't a dairy person, sub for unsweetened almond milk)
- 1 Tbsp of lemon juice (for dry skin, try olive or almond oil)
- 1 Tbsp of honey (for extra oily or acne prone skin, use additional lemon juice here instead of honey)

## Directions:

In a medium sized bowl, mix the finely ground coffee beans with cocoa powder. Add in the milk, & stir until it forms a paste. If you like your scrubs thicker, use less milk. Fold in lemon juice and honey. Mix gently. Apply to skin and let dry (about 20 minutes). Wash off and store any extras in a glass jar or Tupperware in the fridge. It should last for about 3 days.

- **For extra exfoliation:** Apply in circular motions for a quick scrub (1-2 minutes), then allow to dry.
- **For dark circles:** Mix the finely ground coffee beans with enough milk or *olive oil* to make a paste. Apply to the under-eye area once a day. Let it dry, then rinse off. The caffeine promotes circulation and decreases the puffiness.

## Benefits:

**Coffee Beans:** Reduces inflammation and redness, and the appearance of under eye circles. As an exfoliator, removes dead skin.

**Cocoa Powder:** A good source of antioxidants, cocoa has high levels of sulfur (great for fighting acne).

**Milk:** Lactic acid exfoliants while natural enzymes help to smooth skin. Amino acids keep skin hydrated.

**Lemon Juice:** Acts as an exfoliant. Contains natural vitamin C to lighten, tighten and brighten. Great for regulating that T Zone.

**Honey:** Locks in moisture.