



MAKE IT

BODY SCRUB

Environmentalist and plastics pollution educator Sarah Tait is the brains behind eco-friendly brand Wanderlightly. Try her raw sugar and coffee body scrub recipe for silky-smooth, reinvigorated skin.

wanderlightly.com



Ingredients

- 2 tablespoons spent coffee grounds, dried
- 2 tablespoons raw sugar
- 1 tablespoon olive oil

Method

Put the coffee grounds and sugar in a small repurposed jar and mix.

Pour in the olive oil. Add a little more oil depending on how thick you want it.

Keep next to your shower and use in the morning to wake up your self-care routine.