

Ground Coffee

Japanese health connoisseurs take coffee baths - as reported in the National Geographic in 1997. Ground coffee is a stimulant and an exfoliant. Research shows that the astringent, antioxidant, cleansing, protective, and deodorant properties of coffee have been known throughout the years.

Coffee Grounds

- ❑ Assist in skin allergy problems
- ❑ Prevent acne
- ❑ Diminish facial wrinkles
- ❑ Help control dandruff
- ❑ Control athlete's foot odor
- ❑ Plus, a coffee-grounds rub makes your skin feel baby smooth and your hair silky and soft.

Usage:

- ❑ Mixing ratio is 2 teaspoons of ground Coffee to 1 tablespoon of a butter base or carrier oil.
- ❑ Good for body contouring and slimming treatments.
- ❑ Good for pedicures when foot odor is a problem.
- ❑ Make a face pack with 2 tablespoons of coffee and ½ tablespoon of a butter base. Mix until the coffee forms a paste and apply to the client for 15 minutes, remove. Assists with acne and fine lines and wrinkles

The pH balance of coffee grounds is 4.5, which is perfect for you skin.