



# LULU'S COCONUT COFFEE SCRUB CUBES

These exfoliating coconut coffee scrub cubes are not only easy to make, but you probably already have the ingredients in your kitchen! Coffee is packed with antioxidants, making it anti-aging and detoxifying. Coconut oil is a great moisturizer with antibacterial properties.

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## Recipe by Lulu's Blog

### *Ingredients*

- 1/2 cup coconut oil
- 1/4 - 1/2 cup freshly ground coffee beans, depending on how much you want to exfoliate (you can use your leftover morning grounds)
- Mini muffin tin (regular size muffin tin will work)

### *Directions*

- Microwave your coconut oil briefly to soften
- Combine coffee grounds and coconut oil, stir well
- Pour mixture into ice cube tray or muffin tin
- Place in the freezer until cubes are hardened
- Pop your cubes out and store in an airtight container in the fridge/freezer
- Several hours before using, take a cube out and let it soften to room temperature, then use it like a pumice stone to exfoliate



DABBLES AND BABBLER  
OATMEAL HONEY  
FACE SCRUB

Oats and honey both have moisturizing properties, making this scrub particularly great during cold winter months when skin tends to get dry and irritated.

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Recipe by Dabbles and Babbles

*Ingredients*

- Two parts oatmeal (ground up finely in a blender or food processor)
- One part honey
- One part sweet almond oil (or coconut or olive oil - which ever you prefer)

*Directions*

- Mix everything together until it's a thick, sticky mixture
- Feel free to add a little extra oil or even a few drops of water if it's too sticky or clumpy
- Smooth onto face and rub into skin, leave on for a couple of minutes, and then rinse off



# DIY TOOTHPASTE

No microbeads in this simple recipe! Two main ingredients are all you need, but it may take time to get used to this non-foaming toothpaste. Coconut oil melts at about 76 degrees, so store in a cool place, or refrigerate if paste becomes melted.

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## Adapted from Trash is for Tossers

### *Ingredients*

1/2 tbs. baking soda

3 tbs. coconut oil

#### **Optional ingredients:**

25-30 drops of food grade essential oils (peppermint, anise, cinnamon)

3/4 tbs. Xylitol (will help with bitterness)

### *Directions*

- Mix all ingredients well in a small container using a chopstick or popsicle stick
- Add any optional ingredients, including essential oils or xylitol, for flavor
- To use, either dip clean toothbrush into the paste, or use a popsicle stick or spoon to put paste onto toothbrush
- Keep in a cool place. If paste becomes melted, put in refrigerator. If paste is too hard, warm it up in a microwave, or near a sunlit window