

LIFE HACKS

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GAYLORD HOTELS®

How to Make a Coffee Scrub at Home



Ingredients:

- 4 ounces whole coffee beans
- 2 ounces grapeseed oil

Steps:

1. Place coffee beans into a manual or automatic grinder and grind coffee until coarse.
2. Pour grapeseed oil into ground coffee and stir. Place in desired jar and use in bath or