

Team Name: Bigfoot

School: Koforidua Technical University

DIY for Coffee Sugar Scrub

Ingredients

- coffee grounds
- sugar (white or brown)
- avocado and shea butter mix
- oil (olive, coconut, or any oil you have)

Steps

1. Gather Ingredients:

Start by finding a clean workspace and setting out all your ingredients coffee, sugar, avocado-shea mix, and oil. Make sure your containers and utensils are clean and dry.

2. Mix the Dry Ingredients:

In a mixing bowl, combine the coffee grounds and sugar. Stir them together until well blended. These two ingredients will serve as the natural exfoliants that gently remove dead skin and impurities.

3. Add the Wet Ingredients:

Next, add your avocado and shea butter mix. This brings a creamy, rich texture and adds deep nourishment to the skin. Then pour in the oil, which helps soften the mixture and makes it easier to apply.

4. Adjust the Consistency:

Stir well until you achieve a smooth, grainy paste. If it's too thick, add a bit more oil; if too runny, add some extra sugar or coffee. You're aiming for a texture that spreads easily but still feels exfoliating.

5. Package Your Scrub:

Transfer your finished scrub into a repurposed or upcycled jar an old cream jar or glass container works great. Reusing packaging helps reduce waste and keeps your project eco-friendly. Add a simple label and maybe tie a ribbon for a personal touch.

6. Store:

Keep your scrub in a cool, dry place, away from direct sunlight. It's best used within a few weeks for freshness.

Benefits

- **Exfoliates Naturally:**
The sugar and coffee gently buff away dead skin cells, leaving your skin smooth, refreshed, and glowing.
- **Hydrates Deeply:**
Shea butter and avocado are rich in vitamins and fatty acids that nourish and moisturize the skin, making it soft and supple.
- **Improves Circulation:**
The caffeine in coffee helps stimulate blood flow, which may reduce puffiness and even the appearance of cellulite.
- **Eco-Friendly and Sustainable:**
Made from everyday ingredients and packaged in a repurposed container, this scrub is plastic-free, zero-waste, and environmentally kind.
- **Aromatherapy Boost:**
The natural coffee scent is energizing and uplifting — perfect for a morning shower or self-care routine. You can even add a few drops of essential oil (like vanilla or peppermint) for extra fragrance and relaxation.

Summary

I created a natural Coffee Sugar Body Scrub using simple ingredients I had at home coffee grounds, sugar, avocado and shea butter mix, and oil. This scrub gently exfoliates the skin, removing dead cells and improving circulation while deeply moisturizing and softening with the rich blend of shea and avocado butter. It leaves the skin smooth, glowing, and refreshed. Packaged in a repurposed jar, this eco-friendly product is affordable, plastic-free, and made with care for both the skin and the planet.

Video

https://drive.google.com/file/d/1k12vb_CWKqArIcPQnKHLgsFoGV06lNX/view?usp=sharing

Instagram Post

