

How effective at home body scrubs is like a spa

Your skin will become younger and smoother with simple home remedies that are as effective as the following spa ...

You do not dare to wear charming and daring costumes just for a dark, lifeless skin? Let us help you regain the youthful and smooth look with the top 4 simple home remedies that are as effective as the spa.

Quick review of content

1. Exfoliating whole body with coffee grounds
2. Exfoliating body scrubs at home with honey and brown sugar
3. Exfoliating the whole body with coconut oil and sea salt

Exfoliating whole body with coffee grounds

Coffee grounds? It's correct! You don't look wrong. For many people, coffee grounds are discarded objects, no longer worth using, but for you it can be a great beauty ingredient. In coffee grounds, it contains caffeine, alkaloids, magnesium, iron, . which have the effect of deodorizing, exfoliating and treating acne effectively.

Proceed:

Step 1: Add coffee and fresh milk to the bowl at a ratio of 2: 1 and mix well

Step 2: clean the skin, then apply the mixture just mixed, gently massage for about 20-30 minutes.

Step 3: rinse skin with clean water



Exfoliating effectively with coffee grounds

Exfoliating body scrubs at home with honey and brown sugar

The beauty effect of honey and brown sugar has been known since ancient times. Honey contains many precious nutrients especially effective in antibacterial and moisturizing. Brown sugar is a source of vitamins, calcium, potassium, iron, . plentiful and has the effect of skin care and effective exfoliation.

Proceed:

Step 1: Mix brown sugar and honey together at a ratio of 1: 3

Step 2: clean the body and then apply the mixture to the skin. Use your fingers to gently massage for 15 minutes.

Step 3: rinse skin with clean water



Honey and brown sugar - a natural beauty ingredient

Exfoliating the whole body with coconut oil and sea salt

Coconut oil and sea salt are also familiar names in beauty formulas. In sea salt contains many good nutrients that balance skin moisture, protect skin and prevent signs of aging. Coconut oil has the effect of moisturizing, eliminating dead cells and excess oil, blurring acne and limiting melasma formation.

Proceed:

Step 1: Mix coconut oil and sea salt in a ratio of 1: 2. To increase the effectiveness of body scrub, you can add 2-3 drops of lemon juice.

Step 2: wash your body, wipe dry and then apply the mixture to your skin. Use your fingertips to gently massage for 15 minutes.

Step 3: rinse with clean water



Simple, effective body scrub with coconut oil and sea salt

Note: Which of the 3 formulas you use, you should note some of the following:

1. Do not rub too hard to make your skin hurt
2. Each week should only perform body scrubs 1-2 times
3. Need to use conditioning products after exfoliating to get the best effect
4. Limit direct sun exposure when recently exfoliated

Just do the upper **body scrubs** combined with the appropriate skin care product, you will soon regain the smooth, seductive skin. Visit META.vn to learn more about the beauty experience.

>>> **More references:**

1. How to exfoliate good lips, the simplest?

2. How to make an exfoliating mask from natural ingredients for all skin types

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