

A photograph showing a pile of dark brown coffee beans on the left and a pile of dark brown coffee grounds on the right. The word "SCRUBHERS" is overlaid in large, white, sans-serif capital letters across the center of the image.

SCRUBHERS

Coffee Lady Scrubher Product Info

Coffee does more than provide a morning jolt due to its impact on caffeine. A 2013 study published in the *Journal of Strength Conditioning and Research* found muscle soreness was significantly reduced following strength training in participants who ingested caffeine an hour before hitting the weights. **Imagine what coffee does when applied to the skin, instead of ingested into the body?**

The Coffee Lady Scrubher when applied in a circular motion will attach those achy muscles that follow a killer workout. This scrub is perfect for after leaving the gym, and helps to reduce the sore and achiness associated with that workout, while leaving your skin soft and smooth, moisturized and ready for that date after the gym work out.

All-natural ingredients include:

- **Dark Coffee Grinds.** When applied in a circular motion on the skin, the coffee grinds will help to reduce aches, soreness and pain. It stimulates and helps to increase blood flow and provides the same reaction that caffeine may have when ingested. It wakes up your blood and gets you going for the day. It also reduces cellulite.
- **Brown Sugar.** Brown sugar is a natural exfoliate and is sensitive enough to use on face and skin. The sugar is soft enough to scrub away dead skin and leaves skin with a healthy glow.
- **Coconut Oil.** It is a well-known fact that coconut oil is the most amazing skin moisturizer. It can be used in cleaners, hair products, skin products. It can do a million things! We use coconut oil in our Scrubbers for moisturizing and exfoliation. Because coconut oil is used in our products, it is gentle on the skin without abrading the skin. When applied, it can act as a physical barrier to dust and other environmental pollutants, while sealing in skin moisture. Its antioxidant action reduces oxidative damage. It keeps skin smooth and supple by promoting collagen formation, and reduces wrinkles.
- **Vanilla Fragrance.** Vanilla has anti-inflammatory properties which can help to sooth and calm irritated skin. It is also anti-bacterial. Vanilla has been used to reduce skin infections and in wound healing.

If you have any questions, and or ideas that you want to share mail us at scrubbers@gmail.com.