



## Get energized & coffee-charged

# COFFEE

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### Tips for re-using your coffee grounds and embracing a sustainable lifestyle

**Try coffee painting** - Mix coffee with water. To get different tones, change the amount of water - for more intense colour, use less water. Get your creative juices flowing and create your very own masterpiece.

**DIY coffee candle** - Fill a bowl with coffee beans and place tea lights on top! The heat from the candle will warm the coffee beans, and you can enjoy a lovely aroma spread through the room.

**Slug, snail, and ant repellent** - Put used coffee grounds at the base of plants to keep the plants safe from slugs and snails. If you've discovered ants, sprinkle some coffee grounds around entry points to keep them at bay.

**Hand cleanser** - Gently scrub your hands with coffee grounds to help counter any smelly odours and leave your hands smelling fresh.

**Exfoliator** - To make an exfoliator using coffee, add used coffee grounds to warm water or coconut oil and scrub your skin from head to foot. Goodbye, dead skin cells!

**Surface scrubber** - Use a cleaning cloth and some old coffee grounds to help clean food from kitchen counters, cooking hobs, or dirty dishes. The coffee grounds are mild abrasives, which means they will not damage your surfaces.

**Refrigerator deodorizer** - Coffee grounds absorb odours, making them as good as baking soda at absorbing the nasty odours that can sometimes plague your refrigerator.

**Add shine to your hair** - Coffee grounds will not only help strip dirt from your hair, but the acids will also help soften it. Use this sparingly, so you do not end up stripping vital nutrients.

**Remove fleas from your pet** - Rub the coffee grounds throughout your pet's fur after shampooing. Then wash the coffee grounds off your pet. Let your pet dry as usual and see a fabulous sheen on their fur.

**Treat under-eye puffiness and dark circles** - Add water or coconut oil to your coffee grounds to form a paste. Apply the paste under your eyes and let it sit for about 10 minutes before rinsing. Repeat this process daily or as needed.

*Disclaimer: Please use as per your discretion and comfort; discontinue use if you experience any irritation.*