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Why Coffee Scrubs Are the Latest Skincare Must-Have

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Coffee-based scrubs have rapidly become a beauty favourite. Rich in caffeine and antioxidants, they aren't just about scent or novelty—they actively help exfoliate dead skin cells, brighten complexion and boost circulation. Moreover, they're versatile: suitable for both face and body, and ideal when you want to refresh skin without resorting to harsh chemical treatments.

How They Work & What Makes Them Effective

At their core, coffee scrubs combine two mechanisms: physical exfoliation (via coffee granules) and a bioactive effect (from caffeine). According to skincare experts:

- The granules buff away dead skin cells and unclog pores.
- Caffeine helps stimulate micro-circulation, which may reduce puffiness and help skin appear firmer.
- Additionally, coffee's antioxidant properties protect against free-radical damage, supporting smoother, more even-toned skin.

Face Vs Body — What's the Difference?

While the basic ingredient—ground coffee or coffee extract—is the same, there are subtle differences in how scrubs are formulated for face vs body:

- **Face scrubs** tend to have finer granules, lighter texture, and may include calming agents (e.g., glycerin, aloe) to suit the more sensitive facial skin.
- **Body scrubs** often use coarser particles (coffee + walnut shells, etc.), and may include bigger granules to tackle rougher areas like elbows and knees. For example: Just Herbs

How to Use Coffee Scrubs Safely

If you're thinking of adding a coffee scrub into your routine, here's how to do it well:

- Use it **1-2 times per week** for most skin types; over-exfoliation can cause irritation. On the face: apply to damp skin, gently massage in circular motions, then rinse with lukewarm water.
- On the body: after a warm shower (pores open), apply scrub starting from feet or legs and work upwards.

- After scrubbing: always follow up with a **moisturiser or body butter** to soothe skin and lock in hydration.
- Avoid if you have very sensitive skin, active eczema/psoriasis, or if using strong retinoids. Granules may be too abrasive.

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