

Coffee Scrub

BY OLATOKUNBOH OBASI



1 CUP FRESH GROUND
CACAO



1 CUP FRESH
GROUND COFFEE



10 DROPS VANILLA
ESSENCE (OR EXTRACT)



5 DROPS ALMOND
ESSENCE
(OR EXTRACT)



2–3 CUPS COCONUT OIL,
DEPENDING ON EXFOLIATION
DESIRE

For smooth and glowing skin, this body scrub will add moisture and shine as well as smooth rough spots. It also serves as a good skin detox.

SHELF LIFE: This scrub will last a year or two. Store the jars in a warm place, out of direct sunlight.

YIELD: Four 8-oz. jars

1. Grind coffee and mix with ground cacao.
2. Add coconut oil and stir well, so oil is well absorbed.
3. Add vanilla essence and a few drops of almond essence (optional). Stir well again.
4. Divide mixture among clean, dry 8-oz. glass jars and seal tightly.



HERBS
with ROSALEE

Olatokunboh Obasi

Owner of Omaroti Salud y Bienestar, an apothecary and wellness space located in Mayagüez, Puerto Rico, Olatokunboh Obasi has been working in the wellness field for over 15 years. A yoga and dance instructor, clinical herbalist, nutritionist, and birth doula, she is committed to community holistic health, social justice, and education. Olatokunboh works heavily in community service and Afro Indigenous Medicine on the island and beyond. As a member of the American Herbalist Guild, she was the 2019 award recipient for her notable work in supporting diversity, equity, and justice in herbalism. Presently, she coordinates Herbalists without Borders International on the island of Boriken, providing community service to people in need.

She also trains local and online students in clinical herbalism and healing arts through her Well of Indigenous Wisdom School. A guest presenter and teacher of many conferences, she's originally from Africa. Her travels around the world are extensive as she integrates traditional knowledge of herbs with her western education.

She received her Master of Science degree from Maryland University of Integrative Health. Olatokunboh is a mother of 3 young adults. She continues to learn from her children through challenge and tribulation as she shares her journey of life with them and the human family.

You can find more from Olatokunboh on Instagram: [@omarotisaludybienestar](#).

You can also find Olatokunboh at her website [wellofindigenouwisdom.com](#) and on [Facebook](#).

