

Anti-Cellulite Recipe

1/2 cup ground coffee
1/4 cup sugar (any kind)
1/4 cup avocado or olive oil

Mix ingredients together and rub on
problem areas in
circular motions for 30 seconds - 1
minute, then rinse off.

Warning: Messy! Use in the shower :)

Caffeine improves circulation and
will visibly reduce
cellulite using this 2x weekly.



The Anti Cellulite Recipe Book

Sabine Zange



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