

SWEET LIFE AND STYLE



QUESTIONS CORNER WITH NINA





'I wanted to appeal to a wider audience so I changed the name to 'Scrubz of London'

Hello Nina! we want to know all about Scrubz of London and how you came up with the idea of creating your own natural body and facial scrubs.....

It all started when I went away for a weekend in Portsmouth with friends and family and I was doing girly stuff like face masks. I had remembered that years ago, someone told me I should try exfoliating my skin and when I got home, I did my research and made my first Lemon and Honey scrub. When I tested this I could not believe how amazing my skin felt!! I then began to use this regularly as a face and all over body scrub. I then tried incorporating various fresh ingredients that were handpicked from my Mum's allotment that has been in the family for over 25 years. After randomly making my first ever scrub, I thought it was quite amazing so I then went onto making three other flavours using fruits such as strawberries, redcurrants and cucumber.



I then came up with the name 'Scrubz' but as I wanted to appeal to a wider audience so I changed the name to 'Scrubz of London' and within two weeks I decided to register as a business.

I knew it was my destiny as I kept hearing the song 'No Scrubs' by 'TLC' (R&B Group) playing continuously on the radio and it was almost like a sign that the Universe was re-affirming my decision for me.



I currently have thirty eight flavours within my range and counting! At the moment I am offering sixteen to begin with and I will stagger the release of the rest as I go along to ensure the product is kept fresh and exciting!

I also currently offer 'Scrubz' massage treatments in various locations and my regular spots at present are 'First Glance Hair Salon' in Brockley, 'Nattie Dreadz' in Crystal Palace and 'Mo Chic' in Ladywell.



What is unique about your Scrubz?

They are not only handmade and a natural face & all over body scrub but they are also unique as they are comprised of sugar and salt as a base, using 100% real fruit with no added preservatives. Generally similar

products are made using sugar or salt, but I combine the two and they also smell so yummy you could almost eat them (although not recommended just yet!).

Many of my clients say one of the other benefits of using Scrubz is that you can use it before and after shaving for a smooth finish, as well as for a massage treatment. I advise people to store them in their fridges and always recommend being used within two months but if stored in the fridge they tend to last much longer.



Your 'Scrubz of London Community Networking' group is growing rapidly....did you ever imagine it would expand as much as it has?

No, I really did not! I started the networking groups in January of this year as a way of bringing people together and I now have 154 Members in my WhatsApp group and 690 on Facebook, and am pleased that they are continuing to grow. Initially I did not have a plan in terms of how it was going to work as such but having seen relationships develop from the many interactions that have been made. People in the groups have been very caring, sharing & supportive to one another and our businesses as well as genuinely trying to help each other. As I started to attend more and more events and make great contacts, I told all the other groups I knew that they should speak to one another and exchange contact details so that they could try and work together. As I was continuously informing people about the other platforms (such as Hair Care Revolutions, Fresh Connections, Kol Social Group, The Edge Forum, Black Pages and Black Business Recommendations). I then decided to start a group as a way to link everyone together on my own platform.

How have you come to know the people in your networking groups and how do you manage to remember all the names, and keep that 'personal touch'?

Some members are friends that I have known for years or people I have met at events. I also have people in my groups who I have met also through social media and other group business platforms. In terms of remembering names, nowadays I sometimes put notes by names as a reminder of who is who!