

# DIY Face Masks

Some of the best skin solutions nature has to offer can be found right in your own kitchen cabinet. Here are three recipes to try at your next ladies' spa day.

## For Aging Skin

### DIY Berry Yogurt Mask

- ❖ **Step 1:** In a blender, combine 2 tablespoons plain yogurt and 2 tablespoons honey, and pulse until fully combined.
- ❖ **Step 2:** Add 1/4 cup mixed berries, pureeing until smooth, then add 1 tablespoon lemon juice.
- ❖ **Step 3:** Using your hands, apply mixture to a clean, dry face. Let mask sit 10 to 15 minutes, then rinse face thoroughly with warm water and pat dry.

#### Purpose:

- **Berries** offer antioxidants to fight free radicals and counter the effects of aging.
- **Citrus** delivers Vitamin C and natural enzymes to help brighten the skin.
- **Honey** seals in moisture and promotes tissue growth.

Source: Whole Living



## For Oily Skin

### The Breakfast Mask

- ❖ **Step 1:** Combine an egg, a tablespoon of honey, then a tablespoon of olive oil (yes, olive oil) and half a cup of oatmeal.
- ❖ **Step 2:** Apply to the face for 15-20 minutes.
- ❖ **Step 3:** Rinse with lukewarm water and then moisturize.

#### Purpose:

- **Egg whites** draw oil out and tighten pores, while egg yolk moisturizes.
- **Olive Oil** helps deep clean pores and balances the natural oil production of the skin.
- **Oatmeal** gently exfoliates, working to absorb and remove oil.

Source: Marie Claire



## For Dry Skin

### Balancing Facial Mask

- ❖ **Step 1:** Combine 1 small avocado, 1/2 small cucumber (finely grated), 1 teaspoon fresh lemon juice and 2 tablespoons green clay powder (sold at natural food stores) in a small bowl. Blend with fork and cover and chill for 30 minutes.
- ❖ **Step 2:** Apply to face for 10-15 minutes, allowing the mask to dry in place.
- ❖ **Step 3:** Wipe skin clean with a damp cloth, splash with cool water, and pat dry.

#### Purpose:

- **Avocado** works as a natural moisturizer for the skin.
- **Cucumber** works to fight skin inflammation.
- **Clay Powder** is packed with minerals to help deep clean pores.

Source: Whole Living

