

DIY FACE MASKS



DIRECTIONS

Mix the ingredients well in a clean bowl. Apply the mask evenly to your face, avoiding the eye area. Leave the mask on for 10-15 minutes. Rinse off with warm water. Pat your face dry with a clean towel. Follow up with your regular moisturizer.

Note: Use organic ingredients whenever possible.

HONEY & YOGURT MASK



1 tbsp. honey
1 tbsp. plain yogurt

Purpose: *Hydrating and soothing.* Honey has natural antibacterial properties, and yogurt provides a calming effect.

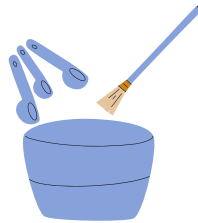
AVOCADO & OATMEAL MASK



1/4 ripe avocado, mashed
2 tbsp. oatmeal powder

Purpose: *Nourishing and exfoliating.* Avocado is rich in vitamins, and oatmeal helps to gently exfoliate the skin.

TURMERIC & COCO OIL MASK



1/2 tsp. turmeric powder
1 tsp. coconut oil

Purpose: *Brightening and moisturizing.* Turmeric has anti-inflammatory properties, and coconut oil adds moisture.

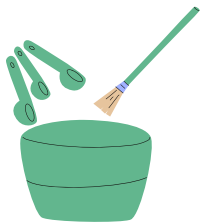
EGG WHITE & LEMON MASK



1 egg white
1 teaspoon lemon juice

Purpose: *Firming and toning.* Egg white helps to tighten the skin, and lemon provides astringent properties.

CUCUMBER & ALOE MASK



2 tbsp. cucumber, blended
1 tbsp. aloe vera gel

Purpose: *Cooling and refreshing.* Cucumber reduces puffiness, and aloe vera soothes and hydrates the skin.

BANANA & HONEY MASK:



1/2 ripe banana, mashed
1 tbsp. honey

Purpose: *Softening and moisturizing.* Banana helps to soften the skin, and honey provides hydration.

GREEN TEA & LEMON MASK:



1 tbsp. brewed green tea,
1 tsp. lemon juice

Purpose: *Antioxidant boost and clarifying.* Green tea is rich in antioxidants, and lemon helps to brighten the skin.

STRAWBERRY & YOGURT MASK



3 strawberries, mashed
1 tbsp. Greek yogurt

Purpose: *Exfoliating and brightening.* Strawberries contain natural acids that help to exfoliate, and Greek yogurt provides a smooth texture.