

Facial Mask

Written by Administrator

Wednesday, 06 August 2008 16:47 - Last Updated Friday, 20 May 2011 07:43

Making your own natural skin care face mask is much easier than you think. Most of the ingredients are right in your cupboard or you get easily get at the store. Have fun and enjoy!

Dead Sea Mud Mas

Instructions:

- 1/2 cup Dead Sea Mud
- 2 drops Carrot seed essential oil
- 2 drops Sandalwood Essential Oil

Instructions:

Blend mud carefully with essential oils, mixing completely and store in glass container. Apply to face for at least 5 minutes but no more than 15 minutes. Rinse completely with warm water. Carrot seed and Sandalwood Essential oils stimulate circulation, repairs and tones the skin, increases elasticity, reduces the formation of wrinkles, and scars. Good for normal to oily skin.

Egg Facial Mask (Smoothes & Moisturizes)

Ingredients:

- 1 egg
- 1/2 cup coconut oil
- 1 tbs honey

Instructions:

Beat the egg in a small bowl. Add the coconut oil and honey slowly, beating until it's the consistency of mayonnaise. Spoon mixture into a toilet paper roll, sitting upright in a small bowl. Set in the freezer overnight. To use, peel away the top of the cardboard roll and smooth the frozen stick over your face. Leave it on for 5-10 minutes, then wash off with warm water. Keep the stick covered with plastic wrap and freeze between uses.

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Gelatin peel-off mask

Ingredients:

- 1 packet un-flavored gelatin
- 1/2 cup fresh fruit juice/herb extract*

Instructions:

Gently heat the gelatin with your liquid until the gelatin is dissolved completely. Let cool until it is almost set. Smooth the mixture on your face and let dry completely. Peel off!

Egg mask

Ingredients:

- One egg white, whipped

Instructions:

Whip the egg white slightly. Apply to face and allow to dry, then rinse well

Herbal Facial Mask

Ingredients:

- 1 tbs honey
- 1 egg

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- 1 tsp crumbled dried chamomile flowers
- 1 tsp finely chopped fresh mint

Instructions:

Mix all ingredients in a small bowl. Apply the mixture to your face and neck. Let dry (10-15 minutes) and rinse off with warm water.

Toning Facial Mask

Ingredients:

- 1/2 tsp. of sea salt
- 2 egg yolks
- 1/2 cup of yogurt

Instructions:

Add all ingredients, apply to face and let dry. This is an exfoliating, tightening and soothing facial application

Oatmeal & Honey Mask

Ingredients:

- 12 tablespoons plain oatmeal
- 2/3 cup hot water

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- 1/2 apple (cored and unpeeled)
- 3 tablespoons honey
- 2 tablespoons plain yogurt

Instructions:

Mix the water and oats together and let stand until they make a paste. Use a blender to mix the apple, honey and yogurt into a smooth consistency. Add the oat paste and mix again. Smooth the mask onto your face. Let sit for about 15 minutes. Rinse off with lukewarm water. Controls Oily skin

Tomato Mask

Ingredients:

- 1/4 of a tomato mashed and without seed
- 3 tsp. of plain yogurt
- 1 tsp mashed cucumber
- 1 tsp aloe gel
- 3 tsp Oatmeal
- 2 mint leaves (crushed).

Instructions:

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Mix ingredients, apply to face and leave on for about 10 minutes. Rinse with warm water.
Controls Oily skin

Herbal Clay Mask

Ingredients:

- 2-3 oz. Green clay
- 1/2 oz Lavender Powder or crushed herbs
- enough aloe vera gel to make a paste

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes.
rinse with lukewarm water the cold water.

Kaolin Clay Mask for Dry skin

Ingredients:

- 2-3 oz. White Kaolin Clay
- 1 tablespoon cornflower
- enough water to make a paste

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- 1 teaspoon wheatgerm oil
- 2 drops of Carrot Seed essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. rinse with lukewarm water the cold water.

Acne Mask

Ingredients:

- 1/2 cup oatmeal, ground finely
- half an apple, ripe
- cut 2 inches off a cucumber
- 2 tablespoons milk

Instructions:

Blend well, it might be a little tough, so I advise you to cut the apple and cucumber before putting it in the blender. Apply fresh onto face, leave on for 20 minutes. Wash off with lukewarm water. This mask will help to reduce redness, oil and blackheads.

Cucumber Avocado Facial Mask

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Ingredients:

- ½ cup chopped cucumber
- ½ cup chopped avocado
- 1 egg white
- 2 tsp. powdered milk

Instructions:

Apply 2 tablespoons of the cucumber avocado mask to your face and neck in circular upward motions. Leave the mask on for 30 minutes, or until dry. To remove the mask simply rinse your face and neck with warm water, followed by a cold water rinse. Finally, pat dry your face and neck

Anti-Aging Clay Mask

Ingredients:

- 2-3 oz. Green clay
- 1 tablespoon yogurt
- 1 teaspoon Vitamin E oil
- enough water to make a paste
- 2 drops of Carrot Seed essential oil

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- 1 drops of Myrrh essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. rinse with lukewarm water the cold water.

Alpine Strawberry mask

Ingredients:

- 1/2 cup strawberries
- 1 tbs. of yogurt or sour cream

Instructions:

Mash strawberries and add yogurt. Mix till smooth. Smooth over skin and let sit for 20 minutes. Rinse off with cool water. Leaves skin smooth and tight. Great for acne and for removing impurities in the skin.

Milk of magnesia mask

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- Flavorless Milk of Magnesia

Instructions:

Apply a thin layer to the skin and leave it on for 20 min then rinse. Great for soothing skin.

Exfoliation mask

Ingredients:

- 1 tbs baking soda
- 2 tbs hydrogen peroxide
- 1/4 cup water

Instructions:

Mix into a paste and apply to your skin. Let dry on the skin then wash off with cool water.

Cucumber Facial Mask

Ingredients:

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- 1 tbs instant nonfat dry milk
- 1/2 peeled cucumber

- 1 tsp plain yogurt

Instructions:

Put all ingredients into a blender and mix well until smooth. Apply to your face (avoid your eyes). Leave on for 15-20 minutes, then rinse off.

Apple Zinger Facial Mask

Ingredients:

- 1 medium size apple, grated fine
- 5 tbs. honey

Instructions:

Mix the grated apple and honey well. Smooth over skin and let sit for 10 minutes. Rinse off with cool water.

Egg and Milk face mask

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Ingredients:

- 1 egg
- 2 tbsp. powdered milk
- 1 tbsp. honey

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water for a younger, and smoother skin.

Avocado-Honey Moisturizing Mask

Ingredients:

- 1/2 of a VERY ripe avacado
- 1/4 c. honey

Instructions:

Mash avacado in honey with fork until smooth. Apply to clean, dry face, and allow to sit for 10-15 minutes. Rinse well with warm water.

Clay Mask For Acne Prone Skin

Ingredients:

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- 2-3 oz. Green clay
- 1 oz Neem Powder
- enough water to make a paste
- 2 drops of Lavender essential oil
- 2 drops Lemon blue essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Herbal Clay Mask

Ingredients:

- 2-3 oz. Green clay
- 1/2 oz Chamomile Flower Powder
- enough water to make a paste
- 3 drops of Lavender essential oil

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Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Anti-Aging Clay Mask

Ingredients:

- 2-3 oz. Green clay
- enough water to make a paste
- 2 drops of Carrot Seed essential oil
- 1 drops of Myrrh essential oil
- 1 drops of Frankincense essential oil

Instructions:

Mix all ingredients until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Clay Mask for Oily Skin

Ingredients:

- 2-3 oz. Green clay
- 1 egg white

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- enough water to make a paste
- 1 drops of ylang ylang essential oil
- 1 drops of rosemary essential oil
- 1 drops of lemon essential oil
- 1 drops of geranium essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Soothing Mud Mask

Ingredients:

- 3 tbs. fuller's earth clay
- 3tbs plain yogurt

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

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Banana Mask

Ingredients:

- 2 medium bananas
- *honey optional

Instructions:

Mash bananas. Add honey if desired. Smooth over skin, let sit for 10 minutes, Rinse off with cool water

Kaolin Clay Mask for normal skin

Ingredients:

- 2-3 oz. White Kaolin Clay
- 1 tablespoon cornflower
- enough water to make a paste
- 1 drops of geranium essential oil
- 1 drops of neroli essential oil

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Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Anti-Aging Kaolin Clay Mask

Ingredients:

- 2-3 oz. White Kaolin Clay
- 1 tablespoon cornflower
- enough water to make a paste
- 1 teaspoon jojoba or carrot seed oil
- 2 drops of Carrot Seed essential oil
- 1 drops of Myrrh essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Kaolin Clay Mask for Sensitive skin

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- 2-3 oz. White Kaolin Clay
- 3 tablespoons rose water
- 1 teaspoon jojoba
- 2 drops of Chamomile essential oil
- 2 drops of Rose essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Kaolin Clay Mask for Oily skin

Ingredients:

- 2-3 oz. White Kaolin Clay
- 1 tablespoon cornflower
- enough water to make a paste
- 1 drops of juniper berry essential oil
- 1 drops of lavender essential oil

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Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.

Strawberry Mask

Ingredients:

- 8-9 strawberries
- 3 tablespoons honey

Instructions:

Mash strawberries into a pulp then add honey. Mix well but do not over blend. Apply directly to the skin, let sit for a few minutes then rinse off.

Cooked Oatmeal Mask

Ingredients:

- 1/2 c. cooked oatmeal
- 1 egg white
- 1 Tbs. lemon juice
- 1/2 c. mashed apple

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Instructions:

Mix into a smooth paste. Apply to face and leave on 15 mins. Rinse. Great for oily skin, acne

Beauty mask

Ingredients:

- A pinch haldi
- 1 tbs gram flour
- Few drops lemon
- 1 tbs honey
- 1 tsp yogurt

Instructions:

Mix all ingredients and apply on face. After 20 minutes wash your face with warm water.

Clay Mask For Dehydrated Dry skin

Ingredients:

- 2-3 oz. Green clay
- 1 tablespoon honey

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- enough water to make a paste
- 2 drops of rose essential oil
- 2 drops chamomile blue essential oil
- 2 drops neroli essential oil
- 2 drops sandalwood essential oil

Instructions:

Mix all ingredients well until creamy smooth. Apply on the face and sit for 15 to 20 minutes. Rinse with lukewarm water the cold water.