



Face Masks for Glowing Skin

Recipe 1

Ingredients:

- ✓ ½ small carrot
- ✓ 1 slice of papaya
- ✓ 3-5 tbsp buttermilk
- ✓ 1 tbsp soya flour
- ✓ 1 tsp rose petal powder

Method:

Once again, you can start by juicing the carrot or you can cut it into small pieces and puree it along with papaya in the blender. For this recipe, you don't have to use the papaya skin but cut very close to the outer skin, using up as much of the orange inner flesh as possible.

Remove the veggie-fruit puree into a bowl and add soya flour and rose petal powder to it. Pour in the buttermilk one teaspoon at a time, instead of throwing all of it in there at

once. You don't want the mask to be runny, so use the buttermilk as required to mix the ingredients into a thick paste.

Of course, you can put all the ingredients in your blender jar and work the machine at its highest setting for about a minute and you would get the same results. But be careful with the amount of buttermilk you pour in. Once the mask is ready, set it aside and start working on your skin.

Cleanse and exfoliate gently and then steam using your favorite blend. To apply, use a face mask brush and spread the mixture all over your face. Do not apply around the eyes but do cover the neck, and if you have some extra, also the décolletage. Keep the mask on for 20 minutes and then wash with tepid water or the infusion used for steam. Pat your skin dry and follow with moisturization.

Recipe 2

Ingredients:

- ✓ 1 tbsp rice flour
- ✓ 1 tbsp coconut flour
- ✓ 3-4 tbsp chamomile tea
- ✓ 1 tsp coriander / parsley paste
- ✓ 1 tsp tomato paste
- ✓ 6 drops lemongrass essential oil

Method:

For the 1 teaspoon of parsley or coriander leaf paste, you will need about ½ cup or a handful of the herb. Because you are dealing with a very small quantity of fresh botanicals, you can either crush the leaves using a mortar and pestle or grind them along with ½ tomato in the blender. Add a teaspoon of tea when blending the herb and veggie.

If you are using the blender, it makes sense to add the flours to the puree along with the chamomile tea and blend all the ingredients for about 2 minutes. This will give you a nice thick paste. If you have some home-made

(read preservative free) tomato paste handy, you can do a bit of whisking by hand and get the same results.

Once all the ingredients have been mixed, remove the resulting paste into a glass bowl and add lemon grass essential oil to it. Whisk the mixture well because you want the oil to become one with the other ingredients. Watch closely for any oil droplets floating on top. Because essential oils are very strong, you should never apply them neat and there is a real risk of that happening if you don't mix well.

With the mask ready, go ahead and cleanse your skin. No need to exfoliate before this treatment. Apply the mask with your fingers, working all over your face and neck, save for the skin around the eyes. The mask has to be kept on for 20 minutes. To wash, use regular tap water and pat your skin dry once it is clean. Moisturize your face after this treatment.