

Face Masks for Very dry and Flaking Skin

Recipe 1

Ingredients:

- ✓ 1 tbsp ghee (clarified butter)
- ✓ 1 tsp ginger powder
- ✓ 1 tsp flaxseed meal
- ✓ 4 drops lavender essential oil
- ✓ 3 drops vetiver essential oil

Method:

This is a simple recipe that works remarkably well against extreme skin dryness and flaking. The ingredients not only heal the skin and get rid of dead skin cells, but also prevent inflammation and irritation. Do not use fresh ginger root in this mask, dry ginger root powder is more appropriate for the purpose

To begin with, mix lavender and vetiver essential oils with the ghee in a small glass bowl. Whisk well using a glass stirrer or a wooden spoon. Add flaxseed meal to this mixture of lipids and give it a good whisk. Once you have a smooth, oily paste, set it aside for a few minutes and get to work on the ginger powder.

Use a few drops of your favorite hydrosol to form a dough-like mixture with the ginger powder. Do not use more than a few drops of the hydrosol, at no point should you get a gruel like mixture. The only reason you are adding hydrosol to the dry ginger powder is to get the most from the water soluble bioactive compounds in it.

Add the lumpy, dough-like mixture of ginger powder and water/hydrosol to the blend of lipids. Whisk till you have a homogenous paste on your hands. To apply, start on freshly cleansed skin. Smooth the mask all over your face except the area around your eyes. Massage the dry, flaky spots with the mixture for a few minutes, then apply a thick coat on these areas. Keep the mask on for 25-30 minutes and wash it off with tepid water. Pat your skin dry and use your regular moisturizer at least on the dry areas if not on your entire face.

