



What's after the Face Mask?

Washing the face mask off in the right way is just as important as applying it the right way. If you follow the instructions diligently, you will get all the expected benefits from the face mask. But, if you are lax on this front, you may end up with an allergy, pimples and more. So, here are a few tips that will help.

1. Any face mask that involves the use of a dairy product should be removed with warm water or the fats in the milk and the lactose will not get washed off your skin completely. This means after a few hours, you will smell like old cheese as the milk fats and solids will go rancid on your skin.
2. Similarly, masks that contain honey should be washed off thoroughly. You don't have to use warm water to take them off but make sure that you clean your face well, leaving no traces of the honey infused mixture behind as it will cause bacterial growth and acne.
3. Wash your face with cold water if the primary liquid ingredient in your face mask is a fruit or vegetable based alpha hydroxy acid such as those found in pineapple or orange juice.
4. You can use the infusion that you used for facial steaming to wash your face. But, make sure you either cool it to room temperature or at least wait for it to go from boiling hot to tepid before splashing it on your face. Do not use infusions that were prepared by using spices because these will contain trace amounts of essential oils of those spices and you don't want them to come in contact with your skin in their undiluted form.
5. If you have used an acid based recipe, meaning those that contain orange juice, vitamin C powder, mulberry extract, strawberries, pineapple juice and lemon juice etc., you don't have to tone your skin after the treatment.
6. Do not forget to treat your skin to a round of moisturization after the face mask treatment after using a semi drying or drying face mask. But if you have applied a non-drying face mask, wait for a few hours before moisturizing your face.
7. If you have used warm water to wash the face mask off of your skin, always follow with a final splashing of cold water to prevent open and enlarged pores.

How to get the most from your home made Face Masks?

If you accidentally make too much face mask mixture, don't throw it away. Instead put it to good use on the other parts of your body that need just as much TLC as your visage. With a few minor tweaks, these masks can be customized to suit the needs of your hair to your feet. Here are a few nifty tips that will help you to get more from your face masks.