

RECIPES



Soothing Face Mask

Cleanse, rejuvenate, hydrate for a younger looking, glowing complexion.

SUPPLIES NEEDED

- water, milk, almond milk, or green tea for consistency
- glass or ceramic bowl
- wood spoon or craft stick for blending
- shot glass for blending oils
- 2 TBSP french green clay (oily skin)
- 2 TBSP rolled oats (normal skin)
- 2 TBSP mashed avocado (dry skin)

DIRECTIONS

Blend essential oils in small shot glass. Add clay, oats or mashed avocado to bowl. Add water, milk, almond milk or green tea and mix well until you have a smooth consistency. Add essential oil blend. Mix well. Apply to face excluding area around the eyes and lips. Rinse with lukewarm water after 10 minutes. For sensitive skin, do not use Lemon essential oil. Skin test first. You may want to wash off after 5 minutes.

ESSENTIAL OILS NEEDED

Oily Skin:

- 2 drops Cedarwood
- 2 drops Cypress oil
- 2 drops Lavender

Normal Skin:

- 2 drops Frankincense
- 2 drops Lavender
- 2 drops Lemon

Dry Skin:

- 2 drops Roman Chamomile
- 2 drops Yarrow|Pom
- 2 drops Geranium;