BUILD YOUR OWN FACE MASK

Making your own face mask is easy and fun. You can explore your creativity and use many items that you love. It only takes a minute to mix up, you can store it in the fridge in a sealed container for a day or two and you will see noticeable results.

Another nice thing is that you can use fresh, whole ingredients. Many of them such as cream/milk, fresh fruit and plain yogurt contain natural AHA’s, well known for revitalizing tired skin. I try to use a face mask and/or exfoliate 3 times a week.

As always, do a test patch with each new concoction just in case your delicate facial skin is sensitive to an ingredient.

Dry Ingredients

• clays

• ground oatmeal

• ground nuts - almonds are especially nice

• teas - I like to have a cup of tea and then use the bag contents and a bit of the liquid

• ground herbs

• dead sea mud or powder (the mud needs no moistening agents or further additives but you can use them for a divine speciality mud mask.

• epsom salts - I tried these straight on my face and they left a pleasant protective coating

• milk powders – goat milk powder is especially nice

• a light exfoliator can turn your face mask into a double duty scrub removing dead skin cells to get that healthy glow as your mask reaches the new cells below – black walnut hulls and fine pumice are especially nice.

Moistening Agents

• plain yogurt

• crushed fruit

• water

• cooled tea - herbal, black or green

• floral waters

• milk/cream

• aloe gel or aloe extract

• honey

• plant oils – these soften dead skin cells for exfoliation and provide a moisture barrier to enhance clarity and that fresh washed glow.

• olive oil squalane

• raw egg (yolks are moisturizing, whites are tightening – I say what the heck and mix it up in a little of both and have the rest with some veggies in the frying pan for breakfast! Just be sure to rinse well!)

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Essential Oils

You can add a drop or two of your favourite essential oil to make the experience exquisite and pampering to the max!

Just be sure that it is a gentle oil and one that you are sure is suited to your own skin.

Lavender, Clary Sage, Juniperberry, Chinese Geranium, Rose Geranium, Frankincense, and Cypress are my favourites depending on my mood.

Essential Oils shouldn't be used at more than 2.5 - 5% in a face mask, depending on the oils used.

If mixing enough for one or two sessions, 2 - 4 drops should be plenty.

It's always a good idea to do a test patch first, over concentration of essential oils especially in a leave on product can cause sensitivity, rash or burning skin. Less is better.

Instructions

I like to do my masks in the bathtub, it's less messy that way and more relaxing.

A good time is after an herbal or salt water steam session (not recommended for rosacea).

The fun part is that you can put in anything you want, in what ever proportion you prefer. A coffee grinder can be invaluable for grinding nuts and/or seeds (and coffee!).

Wash and Rinse your face.

Optional deep cleansing step: Apply your favourite facial oil to your face, with a drop or two of essential oil if desired (mix well and always be sure that your face is not sensitive to it by doing a small test patch the first time), let it sit a minute and then wash with a gentle homemade face soap.

Pat your mask on gently. If you've created an exfoliating mask, rub it on gently - never pull your skin or get close to your eyes. You can cover your face with a warm washcloth.

Relax for about 1 - 20 minutes depending on your skin sensitivity then rinse with warm water.

You can either leave it at that to encourage absorption and protection from the residue that will be left on your skin, or you can go for deeper cleansing by washing with a gentle handmade soap and/or following up with your toner and moisturizer.

PURCHASE YOUR INGREDIENTS

Burks Falls, ON Canada

Purchase your Face Mask Clays, Exfoliators and Essential Oils for natural skin care at Skincare Naturals for delivery through Canada Post or pick up at the Farmers Market throughout the summer.

United States

Skincare Naturals is proud to support these DIY natural skin care industry leaders for shoppers in the US.

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