

Homemade Acne Mask

Ingredients & Directions :

- If you want to help control your acne, make a simple mask made from what you keep in your kitchen to assist you fight against acne. For a major breakout, use one half cup strained tomato pulp and powdered milk to form a paste.
- Once there is enough to make a paste, blend until the mixture is smooth and no longer pasty. Then apply and leave for about 20 minutes and wash this off with warm water. This will also help your skin heal from the acne because Vitamin C and Potassium are found in tomatoes.
- You can create a variety of nourishing masks if instead of tomato you use banana, carrots, or cucumbers. Simply mash whatever you are using (you will have to steam the carrots first) and substitute it for the tomato pulp.