

Strawberry Alpha Hydroxy Mask

Ingredients & Directions :

- Take 4 or 5 large strawberries and mash them up until they become a thick pulp. Then cover the face thickly with the pulp.
- Relax and lie down quietly for about 20 minutes before washing with warm water and followed by cold water. However, it is important to beware that this treatment is not a good idea for extra sensitive skin.
- These facial masks are easy to make with inexpensive items found in your kitchen is also fun as well as quite effective. One more beauty treatment that can help with rough facial skin is to use mayonnaise.
- This also works on your elbows. However, note that you should only leave a light layer on for no longer than 15 minutes before washing it off.