

Dry Skin Face Mask Recipe

Ingredients & Directions :

- Take 2 ounces of fresh avocado,
 - an ounce of orange juice,
 - a teaspoon of acacia honey, and
 - a teaspoon of molasses and
 - 5 drops of chamomile essential oil
- Put them in a blender for blending or a large bowl if you prefer to mash them by hand. Go ahead and add another ounce or so of orange juice if, for some reason, the mixture comes out too thick.

Once you have your paste together, use your fingers to spread the mixture over your entire face and neck. Leave the mask on for at least 30 minutes, but longer would be better.

A warm flannel is best to rinse the mask off your face and will help exfoliate and clean your face as you wash off the mask.

You will find your face moisturized and feeling healthy after this homemade facial mask. If there is some left over, it can be kept in the refrigerator for a day or two.