

WINTER

face masks





3 FACE MASKS FOR THE SKIN DURING THE WINTER

Just as the winter has already blown in, it will be the right time for you to protect your features from the effects of cold weather. A face mask is a step-up solution that will moisture the skin and will target all other concerns such as dullness, acne and clogged pores. You will have your natural glowing skin again.

Winter can wreak havoc with the skin. Cold air, too much greasy food, alcohol, and stress all contribute to acne, dry skin, and rashes.

Below are 3 face masks that are designed to refresh, moisturize, and cleanse your skin to provide a youthful glow.

PUMPKIN AND AVOCADO FACE MASK

Ingredients:

- -1 15oz. can organic pumpkin
- -1 ripe avocado
- -1/4 tsp. of turmeric (optional)

Blend all ingredients for a smooth consistency.

How to apply:

- Apply a thick layer on your face and neck. Wait 20 minutes and wash with cool water.



Tip:

- Put the remaining mask into an ice cube tray for future use. Thaw the cubes when you are ready to use the mask again.

CRANBERRY YOGURT FACE MASK

Ingredients:

- 1/2 cup cranberry sauce
- 1/2 cup plain yogurt
- 1/4 cup honey
- 3 tbsp. olive oil

Blend ingredients for a smooth consistency.

How to apply:

- Apply a thick layer on your face and neck. Wait 15 minutes and wash with warm water.

Tip:

- Put the remaining mask into an ice cube tray for future use. Thaw the cubes when you are ready to use the mask again.



LAVENDER AND YOGURT FACE MASK

Ingredients:

- 1/3 tsp. dried lavender flowers (or 1 drop of lavender essential oil)
- 2 tbsp. of plain yogurt
- 1 tsp. of honey

Mix all ingredients for a smooth consistency.

How to apply:

- Apply a thick layer on your face and neck. Wait 15 minutes and wash with warm water.

Source: <http://www.theglobalbeauty.com/diy-face-masks-to-try-this-winter/>

Feel Ageless, Be Ageless with these easy DIY facial masks.