

Herbal Exfoliating Face Mask

Ever look at your bowl of oatmeal and think, “This would make a great exfoliating face mask”? Yeah, we do too. Learn how you can turn your favorite porridge into a classic skin care remedy.



What you'll need...

- 3 organic blueberries
- 1 ½ teaspoons (2.75 grams) of rolled oats
- ½ teaspoon (2.5 ml) aloe vera gel
- ½ teaspoon (2.5 ml) lavender hydrosol

Yield: 1 serving

- 1 In a small bowl, mash the blueberries.
- 2 Grind the rolled oats in a grinder or with a mortar and pestle. Add it to the bowl and mix well.
- 3 Measure and add the aloe vera gel and lavender hydrosol. Mix well.
- 4 Clean your skin with your favorite cleanser. Apply the exfoliating face mask to damp skin. (You can dampen your skin with water, toner, lavender hydrosol, or aloe.) Leave the mask on for 5 minutes for sensitive skin and 10–15 minutes for most other skin types. If your skin feels tight as the mask is drying, then you can rinse it off early or mist your skin with water.
- 5 Rinse well. Follow with a toner and moisturizer. You can use this mask 1–3 times a week.