

Cooling Mask

Blend half an avocado & 1/4 cucumber

Cleansing Mask

- 1 egg white
- 1 tablespoon of honey
- A little squeeze of lemon juice

Calming Mask

- 1 teaspoon honey
- 1 teaspoon coconut oil
- 1/4 ripe avocado
- 2 drops of lavender oil

Moisturising Mask

- 1/2 Avocado
- 1 tablespoon of honey
- A handful of oats or oat bran (blended in a food processor)

Tip - If you have oily skin, include a splash of lemon juice to help clean away excess oil.

Warming Mask

Combine 1/2 cup hot water and 1/3 cup oatmeal. Leave to settle for a couple of minutes and mix in 2 tablespoons of plain yogurt, 2 tablespoons honey, and 1 small egg white.