



Home remedies - Cleansing Face Mask

A super easy probiotic face mask for all skins types which you can make at home to treat your skin.



Ingredients:

2 teaspoons oil (coconut or almond) - replenishes skin's natural oils

1/2 avocado - naturally nourishing

1 teaspoon honey - beautifully moisturises the skin

2 tablespoons of yogurt - probiotic for skin health

1 tablespoon oats - to soften and soothe

Directions:

1. Blitz all the ingredients together in a blender until smooth
2. Apply the mixture to cleansed, dry skin.
3. Leave for 5-10 minutes
4. Rinse well with warm water and pat dry
5. Keep refrigerated and use within 3 days