

## Oatmeal, Cucumber & Rose Petal Mask

2 Tablespoons plain yogurt

2 Tablespoons pureed cucumber

2 Tablespoons powdered oatmeal

1 teaspoon rose powder or 2 teaspoons dried, organic rose petals. (Note lavender can be substituted)

In a high-speed blender powder the oatmeal and rose petals – remove and set aside. Next, puree your cucumbers, add yogurt and blend until well mixed. Add in the oatmeal rose mixture and blend until smooth. Apply to clean, dry face and leave on for 10-20 minutes. Rinse with warm water and wipe gently. Apply serums and moisturizers.

### Directions for clay masks:

1. Sterilize all containers & utensils and anything coming in contact with clay with alcohol, let dry.
2. Place liquids in a bowl and add clay ovetop
3. Mix in clay well, getting rid of all lumps, let it rest a few minutes as it absorbs clay
4. Mix again and add crucial liquid and essential oils, mix very well.
5. If adding carrier oils like avocado or argon, add them in next and mix
6. Pour into a container and store out of light and heat. If it thickens add more liquids

**Note:** you can add fatty carrier oils like avocado, argon, hazelnut or fractionated coconut oils for added moisture and nutrition. You can also add a teaspoon of powdered herbs, increase your liquids to keep the clay fluid. You can also use different types of hydrosols, cucumber for calming, Lavender, rose or frankincense for anti-inflammatory and anti-aging, lemongrass for acne or your favorite!

Feel free to make any of these masks, even if you don't have all of the ingredients in the recipes. Play around with your own combinations and add things like berries, cooled, herbal or green tea. Powdered cacao & bananas and more. Research your ingredient to be sure it is right for your particular skin type and have fun making beautiful skin!