

DIY Fall Face Masks

We love to discover a new brand or type of face mask at the store, but we also love finding a new way to make one ourselves with the ingredients from our own kitchen! These recipes take some of our favorite fall ingredients and turn them into masks that have huge benefits for your skin. Check out the recipes below and give them a try yourself!

Pumpkin Rejuvenating Mask

Pumpkins contain vitamin A, C, E and antioxidants which are great for giving you an extra bit of glow. They also have exfoliating properties that break down dead skin cells and leave your face looking fresh!

INGREDIENTS

1/4 cup pumpkin puree
1/4 cup gluten free oatmeal (ground up)
1/2 teaspoon ground cinnamon
2 teaspoon raw honey

DIRECTIONS

-Combine pumpkin and ground oatmeal and stir well.
-Add ground cinnamon and mix.
-Add honey and stir until a paste forms.
-Add a little water if the mask is too thick.

HOW TO USE

First, wash your face. Apply a thin layer of pumpkin mask to your skin (avoiding eyes) and let sit for 10 minutes. Wash off with warm water, and apply moisturizer.

Honey & Cinnamon Spot Mask

Cinnamon possesses properties that are anti-inflammatory and antibacterial, meaning it can help calm down your skin when it's swollen or is extra red and irritated. These powerful properties can make it a great natural solution for acne and skin blemishes!

INGREDIENTS

2 tablespoons of honey
1 tablespoon organic cinnamon

DIRECTIONS

Mix ingredients until fully incorporated and smooth.

HOW TO USE

Rather than using this mask across the whole face, you will just use it as a spot treatment. Apply the mix either on pimples or dark spots/blemishes, and let sit for 15-20 minutes. Rinse with warm water once the mask is completely dry.