

# Natural Skin Care Recipe

## Sampler



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# Minty Fresh Wash

**1/4 cup fresh mint leaves**  
**1 tablespoon kosher salt**  
**1 tablespoon coconut milk**

Mix well in mini food processor  
Gently massage into skin  
Rinse well with warm water

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# Honey Almond Scrub

**1 tablespoon honey**  
**2 tablespoons finely ground almonds**  
**3 tablespoons freshly squeezed orange juice**  
**2 teaspoons olive oil**

Mix together well  
Massage into skin  
Rinse well with warm water

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# Firming Mask

**1/2 packet plain gelatin**  
**5 finely ground plain aspirin tablets**  
**1 egg white beaten until frothy**  
**1 tablespoon kosher salt**

Beat all ingredients together thoroughly  
Apply for 20 to 25 minutes  
Rinse well with lukewarm water

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