

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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