

Foodie Face Mask



Mashed Cucumber, Rose water, & Spirulina mask

Equipment

1. Dessert spoon & teaspoon
2. Small bowl to mix mask in
3. A Paint brush to apply mask
4. Nice to have: a mirror

Preparation

5. **Put your base in a small bowl.**
6. Slowly add mixer liquid until it makes paste that you can paint onto face
7. If making a coconut oil scrub - mix in a large pinch of soft brown sugar or coffee grinds. Text texture on back of hand and add more if needed.

Choose a base

- Yoghurt - 1 dessert spoon
- Rice Flour - 1 dessert spoon
- Chickpea flour - 1 dessert spoon
- Ground Chia seeds - 1 dessert spoon
- Oats (pre-soaked) - 1 dessert spoon (dry skin)
- Mashed Peeled Cucumber (sensitive skin)
- Aloe vera gel - from a tube or leaf (gently mash)
- Solid Coconut oil - (NOTE for a lip or body scrub)

Choose a mixer

Have enough of your mixer liquid to mix your chosen base to a paste - approx 1 tablespoon

- A plant based milk - Almond, Oat, Soy etc
- A herbal tea -
Melissa, Green, Rose-hip, Sage, Chamomile, Mint
- A Cold pressed unrefined oil - (dryer skin)
Olive, Sunflower, Grapeseed
- Floral or hydrosol water - Rose, Orange, Lavender

For those making a Coconut scrub

- Soft brown sugar (scrub) - 1 Large pinch
- Used coffee grinds (scrub) - 1 Large pinch

Choose an extra or two!

- Turmeric powder - 1 Pinch
- Matcha powder - 1 Pinch
- Chlorella or Spirulina powder - 1 Pinch
- Grated Orange or Lemon zest 1/4tsp
- Crush up Vitamin C capsule mix half into mask
- Vit E capsule - squeeze into mask
- Evening primrose capsule -squeeze into mask
- Apple cider vinegar - ¼ tsp (oily skin)

Tips

Tie long hair back, Have make-up free skin
Be prepared to get messy! Oh and do avoid using any ingredients that you might have allergies to!

Rice flour - exfoliant, Vit B10 encourages skin regrowth Ferulic acid is an organic compound with antioxidant, anti-inflammatory, and antimicrobial properties.

Yogurt adds moisture, neutralising, probiotics may help ease acne, soothing, anti-inflammatory Vit D, lactic acid, an [alpha hydroxy acid](#), that dissolves dead skin cells

Oats contain 18 different amino acids, which are essential to healthy skin. Amino acids act as building blocks for the body, helping to rebuild tissue and promote healing. Your face can absorb amino acids from the oatmeal in a face mask, making it an ideal ingredient to help heal blemishes and repair damaged skin. Humectant, gentle exfoliant

Chia seeds are loaded with the benefits of Omega 3 fatty acids and antioxidants that help in keeping the skin bright, Rich in magnesium, copper, iron

Chickpea flour provides benefits of detoxification, improved circulation and gentle exfoliation. Western science tells us that chickpeas are rich in fiber and protein and vitamins A, B, and K.