

# OATMEAL AND HONEY FACIAL MASK

## INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup plain yogurt
- 1 teaspoon honey
- 1 egg white
- 3 drops Almond Oil, Sweet
- 1 drop essential oil such as:
  - Peppermint (oily skin)
  - Lavender (sensitive or combination skin)
  - Geranium (normal or combination skin)



## DIRECTIONS:

In a food processor or blender, process oatmeal until finely ground. Add the remaining ingredients and process until mixed well. Apply to face and neck in circular motions. Leave on skin for 10 - 15 minutes. Remove with warm water. Mask can be applied once per week. Must make a fresh batch each time.