

# Homemade Facial Mask

Try some of these proven facial mask recipes! Each treatment has its own duration that you should leave the mixture on for. When complete, rinse off with lukewarm water unless the recipe states otherwise. These provide proven results, so many professional spas use identical (or similar) treatments. Make sure that before applying any facial mask blends, the face should be washed and cleaned with a mild facial wash.

Best of all, they are all natural and can do no harm to the skin. Sample a homemade facial mask; you might be amazed with the results.

- Basic: -

## 1. Got egg in your face?

- Beat one egg white
- Add three to six drops of lemon juice
- Smooth it out all over the face evenly
- Wait for at least five minutes for the mixture to dry and spread on a second layer

## 2. Honey mask

- Combine two tablespoons of alcohol, two tablespoons of water
- Add 100 grams of warm honey
- Smooth on the face; keeping it on for at least 20 minutes

## 3. Milk: it's good for you!

- Combine 1 tablespoon of nonfat instant powdered milk, 1 teaspoon unflavored yogurt
- Add half a cucumber, peeled and sliced in small pieces
- Put all ingredients in a blender and mix until pasty
- Spread all over the face, keeping it on for at least twenty minutes

## 4. Oatmeal: it sticks to more than your ribs

- In a blender, blend together a tablespoon of oatmeal, two tablespoons of powdered nonfat milk
- Add one egg white and half a cup of orange juice.
- Apply unto face and let it stay for twenty minutes.

#### 5. Oatmeal: another method

- Mix together an egg white, a teaspoon of orange juice
- Add two tablespoons of instant oatmeal
- Apply to the face and leave on for twenty minutes

#### 6. Honey and milk

- To a beaten egg white, add in one half teaspoon of honey
- Add lemon juice, fresh milk and flour
- Spread to the face and keep it on for twenty minutes and rinse with cool water

#### 7. Chamomile

- In blender, combine about one teaspoon finely crushed and dried chamomile flowers, a teaspoon of fresh mint finely chopped
- Combine with tablespoon of honey and an egg white
- Smooth on to face, keep on for twenty minutes

#### 8. Go bananas

- Mash about half a banana and combine it with a tablespoon of orange juice
- Mix in one tablespoon of honey
- Keep the mixture on for fifteen minutes

#### 9. Sour power

- Combine half a cup of honey, a tablespoon of lemon juice
- Add two tablespoons of cooked instant oatmeal
- Smooth onto face and wait for thirty minutes before rinsing

#### 10. Cucumber delight

- Mix into a blender a combination of one mashed banana, and half of cucumber
- Drop in a tablespoon of honey and half a cup of lemon juice
- Spread over the face and rinse off after thirty minutes.

- For skin lightening: -

#### 1. Glycerin

- In a bowl, whisk together one egg yolk, one teaspoon of honey
- Add a teaspoon of glycerin
- Smooth onto face and rinse off after two hours

#### 2. Papaya delight

- Mix together one egg white and a cup of mashed papaya
- Add a tablespoon of lemon juice and two tablespoons of sour cream
- Refrigerate before applying to the face
- Rinse after an hour.

#### 3. Lemon and lime

- Bring to a boil a quarter cup of lemon peel, a quarter cup of lime peel, and lemon leaves
- Steep for five minutes and add a tablespoon of lemon juice, two tablespoons of oats
- Add a tablespoon of wheat germ
- Let cool, then apply on the face
- Rinse off after 30 minutes

#### 4. Papaya and honey

- Blend together two tablespoons of honey and half a cup of mashed ripe papaya
- Smooth on the face
- Rinse off after twenty minutes

### 5. Carrots and papaya

- Mix together an egg yolk, three tablespoons of mashed papaya
- Mix in three tablespoons of cooked and mashed carrots
- Leave on the face for thirty minutes

### 6. Baby soft skin

- Whisk together half a cup of lemon juice, an egg white
- Add three teaspoons of powdered infant formula
- Leave on the face for thirty minutes and rinse off with warm water, followed by cold water.

### 7. Carrot concoction (the 5 minute facial)

- Blend in half a cup of carrot juice, cooked oats
- Add half a cup of wheat germ and two tablespoons of lemon juice
- Smooth on the face and rinse with warm water after 5 minutes

- For healthy glow -

### 1. The linden mixture

- Bring to a boil and steep for five minutes a mixture of orange juice and linden flowers
- When cooled, add in two tablespoons of lemon juice, two tablespoons of yogurt and a teaspoon of honey
- Leave onto the face for at least thirty minutes and rinse off with warm water and cold water for the final rinsing

### 2. Garden freshness

- Boil and steep half a cup of parsley and lemon leaves inside half a cup of lemon juice

- Mix in three teaspoons of infant formula
- Leave on the face for an hour

### 3. OJ does it

- Combine three tablespoons orange juice with half a cup of honey
- Smooth on the face and leave for thirty minutes
- Wash off with warm followed by cold water.

- For oily skin: -

### 1. Olive oil

- Combine an egg yolk, a tablespoon of honey
- Add a tablespoon of olive oil and half a cup of oatmeal
- Leave on the face for fifteen to twenty minutes and wash with warm water

### 2. Tomatoes

- Combine a cup of oatmeal with three tablespoons of non fat milk
- Mash or use blender on tomatoes and add to mixture
- Leave this mixture on the face for an hour and wash off with warm water

### 3. Strawberry delight

Boil and steep lemon leaves

- Add in half a cup of oatmeal, three tablespoons wheat germ
- Mash half a cup of strawberries and mix in
- Smooth on the face for an hour and wash of with warm water

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