

DIY FACIAL RECIPES

GIVE YOUR SKIN A BOOST WITH THESE DAILY RECIPES

MILK & HONEY OAT FACIAL EXFOLIATING SCRUB

INGREDIENTS

- 2 tablespoons oats, ground (or use Instant Oats)
- 2 tablespoons raw honey
- 1 tablespoon whole milk

INSTRUCTIONS

Use a food processor or blender to grind the oats into a rough powder. Combine the ground oats with honey & then add in the milk. Apply to face & allow it to sit for 10–20 minutes. Remove with a warm washcloth & follow up with cleansing milk.



CUCUMBER HONEY CLEANSING MILK

INGREDIENTS

- 1/2 cucumber
- 1 tablespoon honey
- 1 tablespoon whole milk

INSTRUCTIONS

Cut peeled cucumber in half lengthwise & scrape out seeds. Chop the remaining cucumber & put it in a blender. Add honey & milk, & gently pulse to a pureed consistency & pour mixture into a bowl. Apply it to face using a moistened cotton ball or pad & allow it to sit 5 minutes. Then rinse off with warm water & follow up with toner.

AVOCADO MILK MASK

INGREDIENTS

- 1/4 avocado
- 1 tablespoon whole milk

INSTRUCTIONS

In a small bowl, mash the avocado together with milk using a fork. Apply to face & relax with the mask on your face for 5–15 minutes. Wash it off with warm water. Follow up with cleansing milk & toner.



INVIGORATING COFFEE FACE & BODY SCRUB

INGREDIENTS

- 2 tablespoons ground coffee
- 2 tablespoons raw honey
- 1 tablespoon whole milk

INSTRUCTIONS

In a bowl, combine coffee with honey & then add in milk. Add additional milk 1 teaspoon at a time to reach desired consistency. Apply to face & allow for it to remain on for 10–20 minutes. Remove with a warm washcloth & follow up with cleansing milk.

MILK & GREEN TEA TONER

INGREDIENTS

- 1 tablespoon brewed plain green tea, cooled
- 1 tablespoon milk

INSTRUCTIONS

Brew 1 cup of plain green tea, then allow it to cool or place in the fridge to bring the temperature down. Store the remaining tea in the fridge covered in an airtight container for up to 5 days. Combine 1 tablespoon green tea with milk in a bowl. Apply to cleansed skin with a moistened cotton ball or pad.

