

## FACE MASKS & SCRUBS

- 4 x 100g Clay Powders
- 15 x 180ml Plastic Spa Pots
- 150mls of Witch-Hazel Floral Water
- 150mls of Orange Blossom Floral Water
- 50mls of Sweet Almond Oil
- 50mls of Coconut Oil
- 5ml Vitamin E Oil
- 4 x 5ml Fragrances

### **Making Face Masks**

- You will need a Tub to mix the face mask in and a tea-spoon and a tablespoon to measure the ingredients.
- Put 3 x Teaspoons of Clay Powder into the tub and mix in approximately 5 x tablespoons of Floral Water.
- Add just ONE drop of Vitamin E Oil – this will soften the skin and help to preserve the face mask.
- If adding Fragrances you will only need ONE or TWO drops – some skins are sensitive to fragrances which can be drying so take care not to be tempted to add too much.
- When the mixture is well mixed and smooth in consistency it is ready to use.

### **DIRECTIONS FOR USING THE MASK**

- It is best to be make-up free so cleansing the face before use gets the best results – you can do this with a little of the floral water on a small cotton wool ball.
- Spread the mixture evenly on your face – avoiding contact with eyes and lips.
- Leave the mask on for 5 minutes and then wash off with clean warm water.
- Face Masks can be used once a week to deep cleanse the skin.

### **Making Face Scrubs**

- You will need a Tub to mix the face mask in and a tea-spoon and a tablespoon to measure the ingredients.
- Put 3 x Teaspoons of Clay Powder into the tub and mix in approximately 5 x tablespoons of Oil. If the scrub seems too dry then go ahead and add more oil.
- Add ONE drop of Vitamin E Oil and ONE OR TWO drops of fragrance.
- When the mixture is well mixed and smooth in consistency it is ready to use.

### **DIRECTIONS FOR USING THE SCRUB**

- Cleanse your face either by washing with a gentle soap and warm water or with a cleansing product. Pat your face dry and then, using the tips of your fingers scoop a little face scrub onto your skin and, working in small circular motions, gently exfoliate the skin. **DO NOT RUB OR SCRUB AT THE DELICATE SKIN OF YOUR FACE.**

Your Masks and Scrubs are best made up fresh to use but will keep for up to a month – best kept in the fridge.

### **IDEAS FOR MAKING MASKS & SCRUBS**

**There are many ingredients with which you can make fun facia scrubs – most of which have added, skin-softening benefits.**

- **OATS – Ordinary Porridge Oats have been used for many years to make skincare products. Simply mix them with Floral Water, Tap Water or Milk (Yes Milk!) and smooth over your face – stay out of sight for ten minutes – and then wash off with clean warm water.**
- **GROUND ALMOND – Makes a fabulous face scrub – simply mix with Oil (Olive oil is fine, provided it's a non-refined type). Use as you would any exfoliator – it's especially gentle and smells gorgeous.**

**HAVE FUN!!!**

## TAKING CARE OF YOUR SKIN

- The most effective skincare regime follows these Four basic steps once a week:
- **STEP 1 – Cleansing.**  
Wash your face thoroughly either with a gentle facial soap or with a cream or gel cleansing product.
- **STEP 2 – Exfoliating.**  
Pat your face dry and then, using the tips of your fingers scoop a little face scrub onto your skin and, working in small circular motions, gently exfoliate the skin. **DO NOT RUB OR SCRUB AT THE DELICATE SKIN OF YOUR FACE.**
- **STEP 3 – Toning.**  
After exfoliating wash your face with warm clean water, making sure to remove all of the exfoliating product. Toning can be done with either cool water or with Floral Waters. Simply soak a cotton wool ball in Floral Water or other Toner and, with sweeping movements from the nose out towards the cheeks (or the middle of the forehead towards the hairline), dispense the product over your skin.
- **STEP 4 – Moisturising.**  
Moisturiser can be applied on top of the toner. Simply apply a little moisturiser onto the cheek and forehead and with small circular motions, rub in.

For everyday skincare we recommend simply cleansing and moisturising



# Making Your Masks & Scrubs



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**SAFETY INFORMATION:**

**CLAY POWDERS** - should be used as directed. If inhaled or ingested seek medical advice immediately.  
**FRAGRANCES** - No more than 5% of the liquid product. Use as directed. Keep out of reach of children.  
**ESSENTIAL OILS** - Are not recommended for Children & pregnant women. Use only as directed.  
**ALL INGREDIENTS:** Use only as directed. If irritation occurs seek medical advice immediately.