

# { Natural Skin Care }

## ~ MUD MASK ~

### { Green clay and honey }

Blend 1 tsp of green clay powder and 1 tsp of honey. Use water if required to make paste. Apply on your face for 15 minutes. Remove with cotton and wash with lukewarm water.  
( recommended once a week )

## ~ MUD MASK ~

### { Green clay, Aloe Vera and Salt }

Follow the instructions for the first Mud Mask.

## ~ HERBAL SAUNA ~

### ( Lemon grass, licorice root and rosebuds )

Boil 2-4 tbsp of dried or fresh herbs in 2 quarts of water in a Sauna or pot. When the pot is steaming, place it on top of a trivet or potholder on a table, and sit with your face at a comfortable distance over the steam for 15 minutes. You can also use a towel to trap the steam if you wish.

After the sauna. You can allow the herbal water to cool and use as a toner.

*Keeps oily skin under control...*