



German Chamomile & Avocado Facial Masque

soothing facial masque with fresh avocado

Ingredients

- 1/2 ripe avocado
- 2 tablespoons White Kaolin Clay
- 1 tablespoon Aloe Vera Gel
- 1 tablespoon Andiroba Oil
- 5 - 10 drops German Chamomile Essential Oil

Makes enough for 2-3 masks

Directions:

1. Combine avocado, aloe, and andiron oil in a small food processor and blend until smooth.
2. Transfer to small bowl, and add kaolin clay and essential oil. Stir well to combine.

To Use:

- Use right away or store in airtight packaging in refrigerator for up to two days.
- To use, apply mask mixture directly to clean dry skin. Apply liberally to face, neck, and upper chest. Avoid eyes, lips, and nostrils.
- Leave mask on for up to thirty minutes. It may not dry completely. Rinse with room temperature water and follow with toner and moisturizer, as needed.

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