



Cooling Cucumber Avocado Ice Mask

a refreshing facial mask to chill skin

Ingredients

- 60 grams fresh avocado
- 60 grams fresh cucumber, chopped
- 60 grams fresh aloe vera gel (or 30 ml bottled)
- 20 drops Palo Santo essential oil
- 10 drops Andean Mint oil

Makes about 12 15-ml masks

Directions:

1. Combine avocado, cucumber, and aloe vera in small food processor and blend until smooth.
2. Transfer to bowl and add essential oils. Stir well.
3. Fill silicone or steel molds with about 15 ml (1 tablespoon) of mask in each cavity. Cover, and freeze until fully hardened (about 1 hour).

Usage & Packaging:

- Fresh ice masks, like our cooling cucumber avocado ice mask, should be used right away or stored in the freezer for up to two weeks. Masks should be stored in airtight packaging to avoid freezer burn.
- To use, pop one serving of mask out of the mold and warm it between your hands for a moment. Make sure the surface becomes moist and slightly melted, then gently massage it onto your face. The mask will slowly melt into a thick liquid which you can continue to massage onto the skin like a cleanser. You can rinse the mask immediately, or allow it to sit on your skin for up to twenty minutes. Follow with toner and moisturizer as needed.

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