

fantastic masks for you face

santé women's coaching
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all skin types

Moisture Mask

3 Tbsp Greek yogurt
1 banana, mashed
1 tsp honey

Mix all ingredients together.
Let it dry for 20 minutes on face.
Rinse off with warm water.

normal skin

Honey and Lemon Mask for Face

Moisturizing and exfoliating

$\frac{1}{4}$ cup honey
1 Tbsp lemon juice

Stir the honey and lemon juice until smooth.
Apply to entire face.
Leave on for 10 minutes.
Rinse with warm water.

OILY OR COMBO SKIN

Scrub for Oily/ Combination skin

1 egg white
 $\frac{1}{2}$ Tbsp regular oatmeal
1 tsp lemon juice

dry or dehydrated skin

Brightening and Soothing Mask

A few strawberries smashed with a fork
 $\frac{1}{3}$ - $\frac{1}{2}$ cup plain yogurt

Mix strawberries and yogurt.
Apply to entire face.
Leave on for 10 to 15 minutes.
Rinse with warm water.