

Face Mask Ideas



Guacamole Mask

Mash half of a ripe avocado with 2 tablespoons of honey and apply to the face. Relax for 20 minutes and then rinse off with a clean cloth.

Tropical Mask

Mash one banana with 1 tablespoon of honey and mix until it forms a smooth paste. Apply to face and allow to stay on for 10-15 minutes. Rinse well - Don't forget cucumber slices!

Beat
Eating disorders

Beat Tip: Keep the avocado in the fridge for an extra cooling effect