



# Food On Your Face for Acne and Oily Skin: The Masks

## Facial Masks: Your Secret Weapon Against Blemishes

The best way to top off a facial steam is with a facial mask.

Your pores are open, your skin is ripe for nourishment and encouragement, and facial masks are a perfect way to reset your face to maximum goodness.

You don't *have* to do a facial steam before applying a mask, though. But, if you're doing a steam, I do recommend following it with a soothing mask (like the first one listed here).

There are *sooooo many* things you have in your kitchen **right now** that you can use as a facial mask. To get started, you probably won't even have to buy a thing.

If you ever want to substitute an ingredient in the following masks, check the list given at the beginning of the book "Foods to Put On Your Face For Oily Skin and Acne."

Go crazy with that list. I mean it. Come up with your own recipes with what you have, what you know, or what you're curious to try. Success favors the adventurous!

This section of the book will contain the most recipes, and in order to give you the full array of options, it will run from the most simple to the most luxurious mask you can think of.

Remember, if there's an essential oil, an herb, or any ingredient listed in these recipes that you don't have on hand, check [Mountain Rose Herbs](#) or your local natural foods store.

Take it easy; you can overdo it on facial masks, so stick to the rule of no more than two per week.

Also, don't prepare a facial mask that uses fruit juices more than once a week. Fruit juices contain potent enzymes that clear your skin and help peel away the dead top layer, but overuse can lead to irritation.

### Add In Coffee If You're Not Breaking Out

One ingredient I LOVE to add to facial masks is finely ground coffee. It helps control oil, and it does an exceptional job at slimming puffy facial areas for a few hours. This makes it an excellent mask ingredient to use just before you have your picture taken.

However, skip the coffee completely if you're broken out and inflamed, as it may aggravate open skin around breakouts. (This is why it's not included in the master list.)

Here's a quick and easy coffee facial mask recipe: Combine  $\frac{1}{4}$  c. ground coffee (you can use the grounds from your morning coffee, if you'd like) with 1 Tbsp honey, 2 Tbsp cocoa powder, and enough yogurt to make a thick paste. Spread over your face and leave on for 15-20 minutes. Rinse well and pat dry.

# Facial Masks: The Recipes

## Calming, Clearing Oatmeal Mask

*Use this mask when your acne is particularly painful and red; it's also just a great all-around basic mask for leaving behind a clear, clean face. Oatmeal soothes the skin, but it's also an acne fighter. The lactic acid in milk breaks down dead skin cells and removes them from your face, and honey is antibacterial and perfect for pimples.*

- 3 Tbsp finely ground oats (take whole, organic oats and grind them into a powder in a food processor, coffee grinder, or blender)
- 1-2 tsp honey
- 2 Tbsp whole (full fat) milk

Combine all ingredients until you have a thick paste. Apply all over a clean face and lie down and let dry for about 15 minutes. Rinse well with tepid water and a washcloth.

## Surprisingly Simple Fruit Mask

*Believe it or not, rubbing fruit on your face is one of the quickest, easiest, and most effective facial masks you can make. The acids in the fruits listed below are all potent oil and acne fighters.*

- A piece of fruit (strawberry, tomato, apple, lemon, papaya, mango, kiwi, grapefruit ... pretty much any fruit'll do!)

Slice a small piece of fruit (and eat the rest of it!). Rub this slice all over your clean face. Let the fruit acids do their work on breaking down dead skin cells for about 15 minutes. Rinse well and pat dry.