



D.I.Y *Face Masks and Scrubs*

by Stacy Karen

Natural & Nourishing
Homemade **Skin Care**

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Introduction

A few years ago I wrote a book about one of my favorite topics: body scrubs.

I thought there might be a little interest in the subject and hoped at least ten people would buy the book.

I timidly released my baby to the world, in 2011, titling it: [Simple Scrubs to Make and Give](#)

The response was much more enthusiastic than I expected (more than ten people bought it!) and since it's release, I've had a steady stream of questions in regard to scrubs and how to make them. Many people wanted to learn more, especially when it came to making scrubs to use on the face.

I have finally written this book in response to the requests for more information on facial care.

Since scrubs and masks work so well together, I thought it fitting to include masks, too.

A good facial scrub or mask can be a luxurious experience; an enjoyable and inexpensive way to pamper yourself and improve the health of your skin at the same time.

Plus, isn't it fun to get-together with friends and plaster your face with strange (or not-so-strange) ingredients, laugh and giggle about how silly you look, then wash said ingredients off to reveal glowing soft skin?

Whether you use the recipes in this book on yourself or with friends, I hope you find them invigorating and refreshing.

I love to show others how simple a natural lifestyle can be; I hope this book will

help you on your healthy living journey.

- *Stacy*

Visit my blog: adelightfulhome.com

Sign up for blog or newsletter updates here:

<http://adelightfulhome.com/updates>

Get Future Book Updates for Free!

Since I am continuing to learn and experiment with various skin care products, the chances of me releasing an updated and expanded edition of this book in the future are relatively high.

If you would like to receive an updated copy for free (and notification of new releases), I encourage you to sign up for updates here:

<http://adelightfulhome.com/scrub-mask-book-updates>

Disclaimer

The information presented in this book has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease or skin condition.

This information shall not be interpreted as a specific prescription or usage advice and is published as a general guideline only.

Every one is unique and may have their own reaction to an ingredient, no matter how safe it appears.

I am not a certified herbalist, dermatologist, or doctor. I love herbs and natural skin care and have done my own research and experimentation.

In reading and following any of the recipes and suggestions in this book, you accept the disclaimer in full. Stacy Karen or ADelightfulHome.com can not be held responsible for any undesirable outcome.

Please see the list of [cautions](#) on following page.

Disclosure

(Note on affiliate links.)

This eBook contains some affiliate links. This means that if you click one of those links and decide to make a purchase from that website (it doesn't have to be the item linked, it can be anything), I will receive a small percentage of the sale. Your price is not changed in any way, it remains the same as it would if you arrived at the website via any other method.

Cautions

Homemade scrubs and masks should be used with care. Please take the time to read the following safety precautions and be aware of your own skin's condition before proceeding with any of the recipes.

Even with these precautions in mind, it is important that you take responsibility for your own research and be careful to only use ingredients you deem safe for your own specific condition and situation.

Common problems with face scrubs and masks:

- Made with ingredients that are too harsh for delicate skin of the face
- Scrubs use granules that are too large and too hard (such as ground pits of stone fruit, ground shells of nuts, harder sugars, such as raw or demerara sugar)
- Use spices that are irritating to skin, such as cinnamon and nutmeg
- Use too much essential oil
- Use the wrong kinds of essential oil (some are phototoxic and others need to be diluted very highly in order to avoid irritation - [see ingredients section](#) for more details)
- Use scrubs and masks too frequently
- Scrubbing too hard or vigorously when applying scrubs or removing masks (a gentle hand should be used)
- Use scrubs on inflamed skin (scrubs should not be used on inflamed skin)
- Use drying (oil pulling/drawing) masks on skin that is already dry

An unpleasant experience may be avoided by taking into consideration the points mentioned above.

Other important considerations before using scrubs or masks:

If you are allergic to a food when eaten, you are likely allergic to it when it is on your skin. Do not use ingredients in scrubs that you are allergic to, it is not worth the risk.

Essential oils, if used, should be the highest quality possible and must be limited

to small amounts. I generally don't use more than one drop in a facial scrub as it is very hard to gauge the strength of an essential oil since production processes, and quality of plants used, vary between manufacturers.

Test scrubs and masks on a small area of skin before use. Wait 24 hours and watch for any reaction. If irritation occurs, it is not a suitable ingredient for you.

Do not use scrubs on skin that is inflamed or broken. Do not use on sunburned, windburned, or chapped skin.

Avoid eyes when applying scrubs and masks.

Glossary

Throughout this book I have used a few terms that may be unfamiliar to those new to homemade skin care. I've listed them below so we will be on the same page:

Abrasive: a material having a rough quality, used to polish, clean, and remove dirt.

Astringent: causes contraction of body tissues, in this case, the skin.

Exfoliation: to remove the dead skin cells from the top layer of skin. This is usually achieved by applying something abrasive to the skin (such as a scrub).

Hydrate: to add moisture to the skin.

Mask: a face mask is made when an ingredient (or mixture of ingredients) is spread across the skin and left for a short amount of time. The benefits of the mask are particular to the ingredients used. It may hydrate the skin, pull toxins and oil from the skin, or soothe inflammation.

Pore: a pore is a tiny opening in the skin that allows the skin to breathe or sweat. Sometimes pores become clogged. Masks are often used to pull dirt and toxins from pores.

Scrub: a mixture of an abrasive ingredient and a liquid, used to exfoliate the skin.

Toner: toner is used to remove any residual dirt from the skin, to help balance the skin's pH, and to tighten or close pores.

Skin Types

Everyone's skin is different. Your skin may change with the seasons or over the course of a lifetime.

I am providing a brief guideline to skin types to help you gauge which scrubs and masks will be most suitable for you:

Normal

"Normal" is a somewhat funny term, perhaps the term "balanced" would be more appropriate. However, the term *normal* is commonly used to describe skin that is not too oily or too dry. It may get slightly oily across the forehead, nose, and chin (the "T" zone) during humid or hot weather, but is generally balanced and even.

Dry

Dry skin often appears flaky or rough in texture and feels tight. Dry skin has smaller pores and is more prone to wrinkles and fine lines.

Oily

Oily skin usually has larger pores that can become clogged. Oily skin often appears shiny due to the overactive sebaceous glands (the ones that produce oil), but is less prone to lines and wrinkles. Oily skin can become prone to acne, but not always.

Combination

Combination skin is a mixture of the above skin types. It may have an oily T-zone, but very dry cheeks, or any other combination. Treat with gentle care.

Mature

Mature skin is skin that has begun to show many lines and wrinkles, has lost

tone and begun to sag. It is often dry. In this book, use recipes designated for dry skin types.

Sensitive

Sensitive skin reacts easily to the environment and skin care products. Sensitive skin may break out in a rash or blotches in the sun and become irritated and dry during colder months.

Use extra caution when applying any type of skin care to sensitive skin. Do not use any products or recipes that are highly abrasive or include ingredients that cause strong reactions.

A Word About Acne

As a teen, I had acne quite severely. I remember thinking if I just used enough skin care products, enough masks, scrubs, lotions, and potions, I could have blemish-free skin. The problem was, I likely aggravated my condition by over using skin care products.

I thought I could scrub away my acne.

But it didn't work.

If you have acne, please go easy on yourself. It is hard. I understand. Be careful of using scrubs and masks too often.

I am not an expert on acne, but I no longer suffer from it. I believe it is mostly due to age, an improved diet, and a natural skin care regime. But even with these things in place, treating acne can remain a mystery.

There are a number of scrubs and masks designed specifically for oily skin in this book. I encourage you to use those.

If you want more specific information about healing from the inside out, see Liz Wolf's book, [Skintervention](#).

[Crunchy Betty's Food on Your Face: For Acne and Oily Skin](#) is also very informative.

Teenage skin

Older teenagers can use masks and scrubs once a week. Be careful of the tendency to overuse, as I mentioned above.

What about kids?

Many children love to join mom in applying scrubs and masks. This requires a lot of supervision, as the possibility of getting some in the eye is very high.

I don't recommend children use scrubs or masks with harsh ingredients or strong oil-pulling properties (like green clay).

Simple masks and scrubs made with real food ingredients, like avocado, cream, and banana, are better for little ones than sugar or other stronger grains or high-acid fruits, like lemon.

If your child is using a scrub or mask, it should only be left on the skin for a very short time (a few minutes at most).

I leave this up to your discretion, as it is difficult to know the skin condition and temperament of your child or intended ingredient to be used in your specific situation. Always use common sense, do your research, and if in doubt, don't.

Benefits of Face Scrubs and Masks

Scrubs and masks are fun to use. They make us feel pampered and have the ability to provide a good laugh when used among friends.

But do they actually benefit the skin?

Yes, they do. I'm glad you asked.

Let's take a look at the specific benefits of scrubs and masks.

Benefits of Face Scrubs

The main job of facial scrubs is to remove dead skin cells. Dead cells make the skin appear dull and lackluster, removing these cells gives the skin a more vibrant, glowing appearance.

Besides brightening the skin, scrubs also smooth and soften.

Scrubs are even said to reduce the appearance of fine lines and wrinkles.

Benefits of Face Masks

Masks cleanse, nourish, and rejuvenate the skin.

Face masks have many abilities, depending on the ingredients used. They could draw out impurities and oil, soothe and calm aggravated and inflamed skin, or hydrate dry or overtired skin.

But Why Make Instead of Buy?

Control over ingredients

Controlling ingredients is my number one joy when making homemade skin care products of any variety.

When making your own beauty products, you have the ability to use ingredients that are safe for you and the environment. It also allows you to customize products to suit a particular skin type and personal preferences.

Save money

In general, homemade skin care is much less expensive than store bought. Especially when comparing to the organic/natural products available.

Satisfaction and enjoyment

Creating homemade body care is easy and fun. I also find making something myself (whether it be bread, home decor, or natural body care), brings a lot of satisfaction.

What's Wrong with Commercial Scrubs and Masks?

Sadly, I have grown very distrusting of the commercial skin care industry over the years. Many products are marketed as natural, yet they are far from it. One must become a label-sleuth to understand what is actually in products and even then, there is not always truth in labeling, so potentially harmful ingredients may not even be listed. It's frustrating.

Learning about some commercial ingredients is down-right maddening. Potentially toxic, and having the ability to disrupt body systems, these ingredients should not be anywhere near our skin.

It is true that scrubs are washed off the skin after a short amount of time, so even though store-bought varieties may not contain optimal ingredients, the

potential for harm is less than that of masks which stay on the face for close to 20 minutes, soaking in to the skin. With that said, many scrubs leave a residue which is absorbed, so, I am not comfortable using them if they contain undesirable ingredients.

Some of the most unpleasant ingredients in commercially made face masks and scrubs include:

- Propylparaben - Often used as preservatives in personal care products, parabens mimic hormones and can potentially disrupt the endocrine system and cause reproductive and developmental toxicity (Learn more here: <http://www.ewg.org/skindeep/ingredient/705335/PROPYLPARABEN/>)
- Retinyl Acetate - Linked to reproductive and developmental toxicity and cancer (Learn more: <http://bit.ly/Retinylacetate>)
- Various alcohols (I believe these are too harsh for the delicate skin of the face)
- Added fragrance - can be irritating to eyes, skin, and lungs
- And many more. . .

And let's not forget that even though a product claims to *contain* "organic ingredients," this doesn't mean it contains ALL organic ingredients or that it is free of other harmful substances, additives and preservatives.

Isn't it wonderful that natural skincare is easy and inexpensive to make at home?

Our skin is the largest organ of the body. What we put on it is absorbed and eventually ends up on the blood stream. **The more junk we put in our body, the harder it has to work to process and eliminate it.** This takes our energy and vitality not to mention the possibility of other health issues cropping up.

If you would like to check out the safety of beauty and skin care products you use

(or are considering using), visit the [Environmental Working Group Database](http://www.ewg.org/skindeep/). Thousands of products are listed and rated along with information about ingredients and possible concerns. Search the database here:
<http://www.ewg.org/skindeep/>

I hope we agree that there are many benefits to using scrubs and masks, and plenty of reasons to make them at home!



Ingredients

Since many ingredients can be used for both scrubs and masks, I have included all of them in this section. If an ingredient is specific to a scrub but not a mask (or vice versa), it is noted.

My goal was to make this section extensive and informative. However, **ingredients that can be used in scrubs and masks extend far beyond this list.** Feel free to experiment with different foods and herbs, just be sure to research anything you intend to use. Test ingredients to check for reactions. If in doubt, don't use it.

It is important to note that because this book focuses on skin care for the face, the ingredients are slightly different to those intended for use on the whole body.

Body scrubs can include ingredients that are more abrasive than those in facial applications. A number of sugars in many popular scrub recipes are just too harsh for use on the face.

The ingredients have been divided into two categories, dry and wet.

The reason for this is because, in making a scrub or mask, you will usually select one (or two) ingredients from each list and mix them together. I hope that organizing them in this way will help you create your own recipes quickly and easily.

(A number of the ingredients are linked to [Mountain Rose Herbs](#), which is where I generally buy all of my DIY skin care ingredients).

Dry Ingredients

The following list of dry ingredients will make up the textured part of your scrub or a significant portion of a mask.

Almonds

Nuts can be ground into a very fine powder and used in a face scrub or mask. Almonds are the most popular nut to use in facial care and are suitable for every skin type. Their high fat content helps soften skin and their texture provides gentle cleansing and exfoliation.

To use on the face, almonds should be ground into a fine powder. The grinding process can be avoided by purchasing almond meal or almond flour instead. Store extra almond meal/flour in the fridge or freezer to avoid rancidity.

Grind almonds in a food processor, coffee grinder, or high-powered blender.

Arrowroot powder

Comes from the root of the Arrowroot plant. It is generally used in masks and

may be mixed with clays. It could be used as part of a scrub, but will only provide a very slight exfoliation.

Beans, dried

Dried beans can be ground into a fine powder and added to scrubs and masks.

The most popular bean used in facial care is the Adzuki bean, which is traditionally used in Japanese skin care to soften the skin.

Dried beans, when ground to a fine powder, provide gentle exfoliation and cleansing actions to the skin.

Beans can be dried out further by roasting in a pan for 5 minutes and allowing to cool. Once cool, grind beans in a coffee grinder and strain through a mesh sieve.

For facial care, it is best to create a very fine powder. If intending to use in a body scrub, the grind can be more coarse.

Clay

There are a variety of clays that provide wonderful medicinal and cosmetic benefits. Clays are my favorite ingredient for a facial masks because they contain numerous healing properties. A few of the most common clays are listed below:

Bentonite Clay

Bentonite clay is a naturally occurring volcanic ash. It has a grayish color.

This particular clay is great for treating oily skin, however, it is not suitable for skin that is sensitive, damaged, mature or dry.

Dead Sea Clay

Dead Sea Clay is actually clay from the Dead Sea (crazy, I know!). It is rich in minerals and thought to aid in detoxification. Dead Sea Clay is suitable for sensitive skin. It can be purchased as a powder and also in mud form.

French Green Clay

French Green clay is green because it contains plant matter.

This clay is one of the stronger clays and is well-suited to oily skin. French green clay aids in detoxification, stimulates toning and tightening of the skin, and helps cleanse pores.

Kaolin Clay (White Cosmetic Clay)

Kaolin clay is one of the most popular clays because it can be used with all skin types. White in color, kaolin clay is also known as *white cosmetic clay*.

It's benefits include cleaning and detoxifying without drying out the skin. This is a unique benefit; while many other clays detoxify and cleanse, they often dry the skin in the process, but this is not so with Kaolin clay.

Rhassoul Clay (also known as Red Clay)

Rhassoul clay is reddish-brown in color and hails from Morocco. This clay can be used with all skin types and is especially useful in balancing oil and improving the texture of skin.

Cocoa Powder

Cocoa powder is an extremely gentle exfoliant. It can be used for face masks and scrubs. Suitable for dry and sensitive skin, cocoa powder soothes and softens. Mix with a fatty base (like cream, oil or yogurt) to create a nourishing mask.

Coconut, dried and ground

Dried or shredded coconut (unsweetened) can be ground into powder and included in scrubs. It is a fun way to add a tropical scent to skin care products. Dried coconut will provide gently exfoliation and is suitable for all skin types. Sift through a fine mesh sieve to ensure a very fine and gentle product.

Cornmeal

A gentle exfoliant, cornmeal can be mixed with water, honey, or oil to create a

mild scrub. It is most suitable for normal to dry skin. Avoid use on sunburned, windburned, inflamed or sensitive skin.

Cornstarch

A great addition to masks, cornstarch comes from corn and is a white fine powder. Be sure to select organic cornstarch to avoid genetically modified (GMO) corn.

Green Tea Powder

Green tea is full of antioxidants and helpful in removing dead skin cells and invigorating dull, tired skin.

Grind green tea leaves into powder, or purchase green tea powder at Asian markets, health food store, or [online](#).

Oats

Grind oats into a fine powder to create a base for scrubs and masks. Oats are soothing to irritated skin and provide gentle exfoliation.

Seeds

Seeds provide gentle exfoliation to the skin. Most seeds need to be ground into a powder before use. Grind in a coffee grinder or use a mortar and pestle. In general, the finer the grind, the better (at least when it comes to facial care. If using as a body scrub, they can be more coarse).

To produce an even finer powder, sift the ground seeds through a very [fine mesh sieve](#).

Seeds suitable for use in scrubs and masks include: sesame, sunflower, pumpkin, flax, and chia.

Sugar

I usually reserve sugar-based scrubs for the body and not the face. However, it is acceptable to use sugar on the face, but it is important that the sugar be fine and

not contain large granules (like those found in raw sugar).

Brown sugar and white sugar are the two most suitable options when it comes to facial care. They both exfoliate reasonably gently.

Sugar need not be the main ingredient in a scrub, in fact, a small addition may be better when it comes to facial care. Just a sprinkle will provide exfoliating benefits and make your scrub smell delicious.

Powdered Herbs

Dried herbs can be ground into powders with a mortar and pestle or coffee grinder. Ground herbs are suitable for use in masks and scrubs alike.

Many herbs benefit the skin, but be sure to research any herb before including in a body care product. If searching online, type the name of the herb and then the word “contraindication.” This will help you locate any possible known issues with that specific herb.

Herbs that are well suited to facial care include: lavender, chamomile, yarrow, echinacea, calendula, and plantain.

Vanilla Bean Seeds

Vanilla bean seeds can be scraped from vanilla bean pods and added to scrubs. To do so, cut pods open length wise and use a spoon to scrape out seeds. Only a small amount of vanilla bean seeds should be used in any preparation.

[Vanilla bean paste](#) can be purchased at some grocery stores and is a convenient option for adding to scrubs.

Vanilla bean seeds will provide a very light exfoliation, but the scent is delightful. They also add a fun and unique element to scrubs.

Wet Ingredients

The following wet ingredients will make up the liquid portion of your scrub and may form the base of face masks (or they might be a smaller portion of the face mask, and only be used to moisten a dry ingredients, such as clay).

Apple Cider Vinegar

Apple cider vinegar benefits the skin in many ways. It is helpful in balancing the skins pH, killing bacteria and breaking down dead skin cells. Apple cider vinegar also softens skin and is helpful in treating acne.

Use organic raw, unfiltered apple cider vinegar whenever possible.

Apple cider vinegar can be made into a toner for daily use by mixing 2 parts water with 1 part apple cider vinegar. This is a good toner for use after scrubs and masks as well.

See the many benefits of apple cider vinegar here: [10 Benefits \(and Uses\) of Apple Cider Vinegar.](#)

Applesauce

Suitable for use in a mask or scrub, applesauce helps skin feel smoother. Use organic whenever possible to avoid pesticides.

Aloe Vera Gel

[Aloe vera gel](#) comes from the inside of the aloe vera plant. It has astringent properties and is useful in soothing sunburns and irritated or inflamed skin. It is suitable for most skin types.

Use aloe vera straight from the plant (cut open and scrape the meat out) or purchase from a health food store or [online](#). Check ingredient list for additives (good aloe vera gel won't have any chemical additives).

Avocado

The high-fat content of avocados makes them perfect for use as a skin-softening and moisturizing mask.

Avocados can be used alone (simply mash and apply) or mixed with clays, herbs, or other powders to create a more nourishing mask.

Avocado is best reserved for dry skin (not for oily skin).

Cream

Another high-fat content ingredient, cream moisturizes, nourishes, and softens skin. It is most suited for use on dry skin.

Eggs

Eggs can be used as a single-ingredient mask. They may also be used in combination with other ingredients.

Egg whites have astringent qualities and tend to be a little drying (which is useful in the case of oily skin). Egg yolks are more moisturizing and emollient and often reserved for dry skin.

Separate eggs and use whichever part is appropriate to your skin type.

Essential Oils

When it comes to masks and scrubs, it is important to be light-handed with essential oils. Oils that are not diluted properly can cause irritation and discomfort. Oils applied neat (without dilution) can even burn the skin.

If using essential oil in a face mask, one drop is sufficient. Be sure to stir essential oil thoroughly into the base of the mask to distribute evenly.

As previously mentioned, one drop of essential oil is usually enough in any facial care application.

Essential Oils that are generally considered safe for use in skin care include:

- Chamomile
- Bergamot
- Geranium
- Helichrysm
- Lavender
- Rosemary
- Rose
- Sandalwood
- Tea tree

Even though these are usually considered safe, it doesn't mean they will not cause a reaction in you. Please test all oils prior to use on the face by doing a patch test (dilute 1 drop of oil in 1 teaspoon of carrier oil and apply to inside of elbow. Cover with a bandage and leave for 24 hours. If any irritation occurs, do not use.

Some oils are phototoxic, which means they can cause severe burning to the skin if skin is exposed to the sun soon after use. **Phototoxic oils include: sweet orange, lemon, and lime.** Even though one must only avoid sun exposure for a few hours after applying phototoxic oils, I recommend avoiding them in facial care products entirely, just to be safe.

Find more information regarding [essential oils](http://adelightfulhome.com/essential-oils/), how to use them, recommended reading, and recommended brands here: <http://adelightfulhome.com/essential-oils/>

Fruit

Many fruits can be mashed and used as the main ingredient in a scrub or mask. Fruits are high in alpha hydroxy acids, which is beneficial in breaking down dead skin cells and giving skin a brighter and more youthful appearance.

Strawberries, kiwi, raspberries, pear, banana, papaya, apricots, and peaches are all good choices.

A fruit-based scrub or mask is a great way to use in-season produce and create something unique and natural.

Glycerin

[Glycerin](#) is a clear liquid that is derived from vegetable fats. It is hydrating to the skin and useful as a binder for masks and scrubs. Glycerin that has been infused with herbs is also a wonderful addition. Many natural tinctures for kids are made with glycerin. Check your local health food store, or make your own. It's super easy. ([Instructions here](#)).

Herbal tea

Herbal teas are a simple way to access the benefits of herbs. Brew herbal tea and add a teaspoon or two to a scrub or mask. Select the tea based on the needs of your skin. Teas such as chamomile, green tea, and fennel are suitable for use in facial care products.

Honey (and Herb-Infused Honey)

Honey is one of my favorite skin care ingredients. It has an amazing ability to soften the skin and create a beautiful radiance. Honey can be used alone as a mask or cleanser and is the perfect addition to scrubs.

Choose raw, unfiltered, unpasteurized honey whenever possible as it provides more enzymes and nutrients than heat-treated honey.

Take honey up a notch by infusing with herbs. This takes a little forward planning, but makes a lovely smelling and extremely beneficial skin care ingredient. Instructions for making herb-infused honey are in the [bonus section](#).

Hydrosol

[Hydrosols](#) are also known as floral waters. They are the by-product of the essential oil distillation process but also produced solely for their benefits (such

as those found at [Mountain Rose Herbs](#)).

Hydrosols are much gentler than essential oils and can be used in a variety of body care products (such as cleansers, toners, scrubs, masks, facial spritzers, and lotions).

Hydrosols are a wonderful addition to scrubs and masks as they infuse the skin with herbal benefits.

Rose, chamomile, calendula, lemongrass, and lavender hydrosols are well suited to facial care.

Hydrosols can have a very strong fragrance, so you may wish to smell them before ordering any in large amounts! (Just in case you don't enjoy that particular scent.)

Juice

Juices such as apple, peach, and apricot nectar can be used as the liquid portion of a scrub or mask. Pineapple juice is especially high in enzymes and extremely useful in dissolving dead skin cells, and promoting softer, smoother skin.

Oil

Oil is an excellent way to add moisture and nourishment to scrubs and masks. Most oils leave a light residue, which continues to nourish and soothe the skin after the treatment is over.

Suitable oils for scrubs and masks include:

- [Coconut oil](#)
- Fractionated coconut oil
- [Olive oil](#)
- [Sunflower oil](#)
- [Safflower oil](#)
- [Sweet almond oil](#)

- [Grapeseed oil](#)
- [Avocado oil](#)
- [Apricot kernel oil](#)

Herb-infused oils add an extra layer of benefits to scrubs and masks. Find instructions for making herb-infused oils in the [bonus section](#).

Water

Water is the perfect mixing medium for many scrubs and masks. It is neutral and works for all skin types. Use filtered or distilled water as much as possible, especially for masks, since they stay on the skin for an extended period of time and will be absorbed.

Yogurt

Yogurt is a great mask for all skin types. It softens and brightens skin. The lactic acid in yogurt helps dissolve dead skin cells and unclog pores. Yogurt is an excellent mask on it's own, but also wonderful when mixed with a variety of dry ingredients to create a thick paste that can also be used as a mask or scrub.

A note of interest: Hair Masks

Many of the ingredients suitable for face masks, are also excellent as hair masks; avocado, honey, yogurt, eggs, mayonnaise, and oil, just to name a few. Simply apply to hair, leave for 10 minutes or so, then wash off with warm water.

If you'd like more details about natural hair care (including further instructions for making and using hair masks), sign up to receive free updates from me and you will receive my DIY Natural Hair Treatments eBook for free:

<http://adelightfulhome.com/natural-hair-ebook/>

Helpful Tools

Many scrubs and masks can be made with nothing more than a bowl and spoon, however there are a few extra tools that will make the process much easier and allow you to create a superior product.

Coffee grinder

A coffee grinder reserved for use with herbs, nuts, and seeds is a perfect addition to any DIY skin care tool chest. This is the tool I use most often for grinding, and not just for skin care, it's great for baking too.

Mortar and pestle

You'll use a little more muscle with a mortar and pestle, but it is also a wonderful tool for grinding herbs and seeds. It can be difficult to get an even grind and will take more time than using a coffee grinder.

Muddler

Excellent for mashing fruit for masks. (If you are wondering what a muddler is, see [here](#).)

Fine mesh strainer

A strainer can be used to sift ingredients to ensure a fine powder is produced. It is especially helpful when using seeds.

Small bowl

When making single-use scrubs and masks a small bowl is easier to mix in than a large one.

Non-metallic spoons

Clays should not be mixed with metal, so keeping a wooden or bamboo spoon on hand is a must.

Food processor or high-powered blender

Not a necessary tool, but very handy. Food processors and high-powered blenders can be used to mash fruit and grind nuts and herbs. You can even mix up a large batch of mask in one if hosting a spa night.

Cheesecloth

Helpful if infusing honey or oil with herbs. It is used to strain out the herbs after infusion.

Where to Buy Supplies

Many of the ingredients can be purchased at the grocery store, farmer's market, or health food store.

Some specialty items, such as clays, oils, and herbs, can be easily sourced online.

My favorites:

Mountain Rose Herbs

I purchase almost all of my DIY skin care (and natural remedy) ingredients from [Mountain Rose Herbs](#). I've been ordering from them for many years and never had a single problem. Their items are of high quality and prices are reasonable.

Amazon

[Amazon](#) has a surprising number of ingredients available. I like that I can add an oil or herb along with my book order.

Bulk Herb Store

[The Bulk Herb Store](#) has good quality herbs at reasonable prices. Selection is not as large as Mountain Rose Herbs, but they still have quite an extensive collection.

All items are listed, with purchasing options, here:

<http://adelightfulhome.com/resources-scrubs-masks/>

Facial Scrub Recipes

Scrubs Making Guidelines

You don't really need a recipe to make a facial scrub; but I have provided a number of them anyway, because they are fun, and also because it's nice to follow a recipe sometimes (it takes the thinking out of it).

To make a scrub, mix a dry, textured ingredient with a wet ingredient. The amount of each varies depending on what ingredients are being used. Most often you will need 2 parts dry to 1 part wet ingredient. In general, you will need a total of approximately one tablespoon of scrub for each application.



Scrub Making Technique

As mentioned above, the ratio of wet to dry ingredients will vary depending on what ingredients are being used, however, a general rule to follow is:

Place two to three teaspoons of dry/textured ingredient in a small bowl. Add one teaspoon of wet ingredient(s) and stir to combine. If scrub is still somewhat dry, add another 1/2 teaspoon of liquid and stir again.

Continue to add small amounts of wet ingredients until the correct consistency is reached.

The reason we add the liquid a little at a time is because the scrub needs to hold together and not fall apart.

It is easy to add too much liquid and have a scrub that is too runny. If this happens, and the scrub will not hold together, add a little more of the dry ingredient to thicken. (You can probably see how this could become a vicious cycle of adding too much liquid, then too much dry ingredient, then too much liquid, and so on! Work slowly and use a little at a time to avoid this scenario.)

There are a number of recipes in the following section, but should you feel like creating your own recipes, go back to the [ingredients section](#) and experiment with different combinations. Simply choose one item from the list of dry ingredients and one from the list of wet ingredients, follow the instructions above for mixing.

How Much Scrub to Make?

Many people want to make scrubs for the face that can be stored, however, this is very difficult due to the nature of the ingredients used. (Body scrubs are another story and can be stored for many months.)

It is best to make a small amount of facial scrub. Mixing up a scrub for one-time use is optimal, although this can be tedious.

Keeping a small bowl and spoon along with a few ingredients in the bathroom cabinet can make the process much faster (of course this will depend on what ingredients you are using. I don't recommend keeping milk or strawberries in the bathroom cabinet!).

That said, enough scrub for one week's use would be ok in most cases. If making a larger amount of scrub like this, store in the fridge.

How Often to Use a Scrub?

The answer is, *it depends*.

Some facial scrubs are best used once a week. Other scrubs can be used daily as an exfoliating cleanser.

In general, the harsher the scrub, the less often it should be used.

Something like a *honey almond scrub* is more suitable for frequent use because the nuts are gentle exfoliators (when ground finely) and the honey is nourishing and soothing to skin.

I personally prefer to use a scrub once or twice a week.

If your skin is easily irritated or frequently red, use scrubs with caution. Only use very gentle and mild scrubs, if any.

It is also important to apply scrubs with a light hand. Do not rub the scrub into your face aggressively or with too much force. This could result in damaged, irritated skin.

How to Apply a Facial Scrub

Wash face with cleanser to remove dirt and make up.

Use clean fingers to spread scrub over the face in gentle, circular motions (not back and forth motions). Avoid the eyes.

Do this for a minute or two. Stop if it ever becomes uncomfortable or you notice a reaction (and remove scrub from face immediately).

Once face has been sufficiently scrubbed, you may leave the scrub on to do a little mask-like work for a few minutes (if desired), then remove.

To remove the scrub, wet a wash cloth with warm water and carefully wipe scrub from face (be careful of the eye area). Rinse the wash cloth and repeat as needed.

What to Do After Removing a Facial Scrub

After the scrub has been washed off, apply toner and follow with moisturizer. A simple homemade moisturizer, like plain coconut oil, olive oil, or jojoba oil all work in most cases (may be too rich for oily skin).

Food-Based Scrubs



The recipes in this section utilize ingredients that may be found in your kitchen cabinets or refrigerator (or even the garden).

Remember, there are no hard and fast rules when it comes to scrubs, feel free to substitute one ingredient for another. If you need ideas, visit the [ingredients section](#).

Most recipes listed are for one-time, immediate use. In some cases I have given instructions for making larger batches if using in a group situation, such as a spa night. If these instructions do not meet the size of your group, just remember that most scrubs will require one tablespoon per person. The recipes can be expanded by changing teaspoons or tablespoons to cup measurements (example: If a scrub calls for one tablespoon of sugar, change it to 1 cup. Just be

sure to keep the ratios intact, or thereabouts).

Adzuki Bean Scrub

Suitable for oily skin

Enjoy the skin-softening benefits of the Adzuki bean.

Ingredients

1 tablespoon dried adzuki beans, ground and sifted
2 teaspoons water, tea, apple cider vinegar or hydrosol

Method

Mix one tablespoon of ground beans with two teaspoons of water, tea, apple cider vinegar or hydrosol. Add two or three drops of olive oil, if desired.

Apply to the face in circular motions, avoiding the eyes.

Rinse off with warm water.

Apricot Cream Scrub

Suitable for dry skin

My take on a popular store bought scrub. This homemade version is fresh and inexpensive.

Ingredients

1/2 apricot, peeled and mashed (approximately 1 tablespoon)
1 tablespoon almond meal
1 teaspoon cream

Method

Mix ingredients together and apply to the skin, avoiding the eyes. Can leave this scrub on after scrubbing is completed and let sit for a few minutes to allow the apricot and cream to do some extra work on the skin.

To make a larger batch of Apricot Scrub for a group:

Peel and mash 2 apricots. Mix with 4 tablespoons of almond meal and 4 tablespoons of cream. Makes enough for 4 people.

Substitute yogurt for the cream if using for oily skin.

Chocolate Coconut Scrub

Suitable for all skin types (except sensitive)

Reminiscent of a popular candy bar, this scrub is a treat for the senses.

Ingredients

1 1/2 teaspoons dried coconut, ground into fine powder (use a coffee grinder)

1 1/2 teaspoon cocoa powder

1 1/2 teaspoon jojoba or olive oil (or water or apple cider vinegar - especially for oily skin)

Method

Mix ground coconut and cocoa powder. Add oil. If more liquid is necessary to form a paste, add a few drops of water or extra oil. Stir to combine.

Apply to skin in circular motions, avoiding the eyes. Rinse off with warm water and a wash cloth (you'll definitely need the wash cloth to remove this scrub!).

Honey Almond Scrub

Suitable for all skin types

A gentle scrub that cleanses and exfoliates the skin.

Use an herb-infused honey to boost the scrub, or add one drop of essential oil.

Ingredients

1 tablespoon ground almonds

1 tablespoon honey

Method

Mix together. Spread over the face in circular motions, avoiding the eyes. Wash off with warm water.

For a larger group:

Mix 1 cup of almond meal with 1 cup of honey. Use one tablespoon (or slightly less) per person. Makes enough for 16 to 20 people.

Honey Cocoa Scrub

Suitable for all skin types

A delicious smelling treat for your skin.

Ingredients

2 teaspoons honey

2 teaspoons cocoa powder

1 teaspoon ground almonds, ground sunflower seeds, or ground oats.

Method

Mix honey with cocoa powder and ground nuts or oats. Add water to form a paste, if needed.

Spread over the face in circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Kiwi Scrubber

Suitable for normal to oily skin

Kiwi is another excellent fruit for brightening and tightening the skin.

Ingredients

1/2 kiwi, peeled and mashed
1 tablespoon sunflower seeds, ground
Extra water or oil to make a paste, if needed

Method

Mix together all ingredients. If the kiwi fruit is especially juicy, you may need to add extra sunflower seeds to make a paste.

Spread over the face in circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Optional: add aloe vera gel for extra soothing and skin tightening properties.

Lavender Cocoa Scrub

Suitable for all skin types

This is a very gentle, and delicious smelling scrub.

Ingredients

1 teaspoon lavender-infused oil, or lavender tea
2 teaspoons cocoa powder
1 teaspoon [lavender buds, ground](#)

Method

Mix together all ingredients. For extra exfoliation, add 1 teaspoon of ground almonds or ground sunflower seeds.

Apply to skin in gentle, circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Papaya Oat Scrub

All skin types (be careful with sensitive skin)

Ingredients

1 1/2 tablespoons papaya
1/2 tablespoon oats ground
1 teaspoon brown sugar
1/2 teaspoon oil (olive, sweet almond or jojoba)

Method

Mash enough papaya to make 1 1/2 tablespoons. Add brown sugar and oil. Stir to combine. Add ground oats. Stir to combine (add more oats if needed to make a paste - this will depend on how much juice was in the papaya. If too dry, add more oil).

Spread over the face in circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

For a larger group:

Cut a papaya and mash in a food processor. Add 1/2 cup of ground oats, 2 tablespoons of sugar, 1 tablespoon oil.

Depending on how much juice the papaya contains, you will need to add more oil or more oats.

If the mixture is runny, add more oats and sugar, if too thick, add more oil or water.

Pear Crisp Scrub

Suitable for all skin types

The sweet scent of this scrub is much like pear crisp.

Ingredients

1 tablespoon mashed pear
1 teaspoon brown sugar
2 teaspoons oats, ground (or use oat flour)

Method

Mix mashed pear, sugar, and ground oats. Add extra water, cream, or apple cider vinegar to make a paste, if needed.

Spread over the face in circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Soothing Oat Scrub

Suitable for all skin types

Bring peace and calm to your skin with this simple scrub.

Ingredients

1 tablespoon of dried oats, ground
2 teaspoons of water, witch hazel, or chamomile tea

Method

Grind oats (if not already ground) and mix with desired liquid until a paste forms.

Apply to the face in circular motions, avoiding the eyes.

Rinse off with warm water.

Strawberry Almond Scrub

Suitable for all skin types

Strawberries help to brighten and tone the skin, while the almonds provide a gentle exfoliation.

Ingredients

1 strawberry
1 tablespoon almond meal

Method

Wash, hull, and mash strawberry and mix with almond meal. Add extra water, cream, honey, or hydrosol to create a paste, if needed.

Apply scrub to skin with clean fingers, in gentle circular motions. Remove with a wet washcloth.

Optional: add a sprinkling of sugar for a little extra exfoliation.

Strawberry Chia Scrub

Suitable for all skin types

This scrub is a fun way to use a super food.

Ingredients

1/2 teaspoon chia seeds
1 small strawberry
1/2 teaspoon arrowroot or cornstarch

Method

Wash, hull and mash strawberry. Add chia seeds and stir to combine. Let sit for a few minutes while the chia seeds absorb some of the moisture. Add arrowroot powder or cornstarch and stir to combine. Leave for another minute to thicken.

Apply to skin in gentle, circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Sunrise Scrub

Suitable for normal to oily skin

This scrub is zesty and invigorating; a good morning pick-me-up.

Ingredients

2 teaspoons lemon juice
1 tablespoon ground sunflower seeds
1 teaspoon jojoba oil

Method

Mix all ingredients until a paste forms. Apply to skin in gentle, circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Wheatgerm and Apple Scrub

Suitable for all skin types

This scrub is very gentle, yet still invigorating to the skin.

Ingredients

1 tablespoon applesauce
1 tablespoon wheat germ

Method

Mix applesauce and wheat germ together. Add a teaspoon of honey, if desired.

Apply to skin in gentle, circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Herb-Based Scrubs



Herb-based scrubs are built on dried herbs that have been ground. Herbs can be ground in a coffee grinder or with a mortar and pestle. Powdered herbs may also be purchased online.

These scrubs are generally mild, but each scrub is unique to the specific herbs used.

Calendula Cream Scrub

Suitable for normal to dry skin types (oily skin, if optional substitutions are made)

Calendula is soothing and has anti-inflammatory properties. Almond meal is gentle for all skin types. Cream is nourishing and hydrating to dry skin (feel free to replace with apple cider vinegar if your skin is oily).

Ingredients

1 teaspoon calendula petals, powdered

2 teaspoons almond meal

1 1/2 teaspoons heavy cream

More water as needed to make a paste

Optional: if your skin is too oily for cream, try substituting hydrosol or apple cider vinegar

Method

Mix all ingredients and add water, as needed, to make a paste.

Spread scrub over the face using circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Chamomile Clay Scrub

Suitable for all skin types

A soothing and relaxing scrub. Using mild ingredients, this scrub can be used by almost anyone.

Ingredients

2 teaspoons ground chamomile flowers

2 teaspoons Kaolin clay

1-2 teaspoons water, cream, hydrosol, or apple cider vinegar

Method

Mix clay and chamomile flowers. Add enough water, cream, hydrosol, or apple cider vinegar to make a paste.

Spread scrub over the face using circular motions, avoiding the eyes. Wash off

with warm water and a wash cloth.

Clay & Lavender Scrub

Suitable for all skin types

While clay is often reserved for face masks, however it is also a welcome addition to scrubs.

Ingredients

2 teaspoons kaolin clay

1 teaspoon ground almonds

1/2 teaspoon ground lavender flowers

1 teaspoon glycerin

Enough water or apple cider vinegar to make a paste.

Optional: honey is a great addition to this scrub

Method

Mix all ingredients together until a paste forms. Spread scrub over the face using circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Green Tea Echinacea Scrub

Suitable for all skin types

Full of anti-inflammatory properties, this scrub will enliven and soothe skin.

Ingredients

1 teaspoon [green tea powder](#)

1 tablespoon oats, ground

1 teaspoon Echinacea tincture (made in glycerin, not alcohol) or Echinacea tea

Plus enough water to make a paste.

Method

Mix together all ingredients. Apply to face in circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Honey Herb Scrub

Suitable for all skin types

Ground herbs mixed with honey make a soothing and gentle face scrub. The same mixture can also be spread over the face and used as a mask.

Ingredients

1 teaspoon ground herbs (such as lavender, chamomile, calendula, rose, plantain, or yarrow)
2 teaspoons honey

Method

Mix herbs and honey. Spread scrub over the face using circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Invigorating Green Tea Scrub

Suitable for all skin types (except sensitive)

The green tea in this scrub will revive tired skin and rejuvenate the cells.

Ingredients

¾ teaspoon of green tea powder
1 mashed strawberry
1 ½ teaspoon cornmeal
Apple cider vinegar or water to make a paste

Method

Mix all ingredients together. Spread scrub over the face using circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Substitute another fruit or plain yogurt for the strawberry if not available or you are allergic.

Lavender Chocolate Scrub

Suitable for all skin types

Lavender and cocoa are a decadent combination. This scrub is luxurious and mild.

Ingredients

1/2 tablespoon [lavender, ground](#)

1/2 tablespoon cocoa powder

1/2 teaspoon water, oil, lavender-infused oil, or lavender tea (brewed)

1/2 teaspoon water

Method

Mix all ingredients and add water, as needed, to make a paste.

Spread scrub over the face using circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

After scrubbing the face, feel free to leave the scrub on for a few minutes. This will give the benefits of a scrub and a mask all-in-one.

This scrubs can also be used as a mask.

Lavender, Cream & Honey Scrub

Suitable for all skin types

The combination of honey, cream, and lavender create a gentle, nourishing, and soothing scrub.

Ingredients

2 teaspoons lavender flowers, ground to a powder
2 teaspoons almond meal
2 teaspoons honey
1 teaspoon cream (substitute apple cider vinegar or yogurt for oily skin)

Method

Mix all ingredients. Spread scrub over the face using circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Lemongrass Scrub

Suitable for all skin types

Lemongrass is invigorating to the senses and full of anti-inflammatory and antifungal properties.

Ingredients

1 tablespoon almond or sunflower seeds, ground
1 drop lemongrass essential oil
1 1/2 teaspoons jojoba oil

Method

Mix almond meal and oil together. Add essential oil and stir to distribute evenly. Add extra oil or water to form a paste, if needed.

Apply to face in circular motions, avoiding the eyes.

Rose and Cornmeal Scrub

Suitable for normal to oily skin if using apple cider vinegar, suitable for normal to dry if using cream.

Rose powder and cornmeal come together to create a unique skin-softening scrub.

Ingredients

1 teaspoon [ground rose petals](#)

2 teaspoons cornmeal

1 teaspoon of apple cider vinegar or cream

Plus enough water to make a paste

Optional additions: 1/4 teaspoon kaolin clay

Method

Mix all ingredients together. Add extra oil or water to form a paste, if needed.

Apply to face in circular motions, avoiding the eyes. Wash off with warm water and a wash cloth.

Face Mask Recipes

Mask Making Guidelines

Face masks are just as simple to prepare as face scrubs. In fact, most scrubs can be made into masks by leaving on the face a while longer.

Masks can be made with a single ingredient, such as honey, but are also created by mixing two or more ingredients together before spreading across the face. See [ingredient list](#) for an introduction to possible components.



Mask Making Technique

After selecting ingredients for a mask, mix the dry ingredients with the wet to make a paste.

As with the scrubs, place dry ingredients in a bowl, add the liquid and mix until a paste forms.

To avoid adding too much liquid, and producing a mask that is too thin and runny, add just a little at a time.

How Much Mask to Make?

You will need approximately 1-2 tablespoons of mixture for one mask application.

Most fully-prepared masks cannot be stored for future use.

The only masks that can be prepared and stored for longer than a few days are a clay and oil mask. Mix equal parts clay (such as Kaolin or Rhassoul clay) and oil (such as olive oil) and store for around one month. Store in the fridge for an even longer shelf life (up 5-6 weeks).

It is important that oil be used here as any type of water-based liquid will reduce the shelf life considerably (down to a few days).

Two-Part Masks

Another method useful in advance preparation and storage is the two-part method. Here the dry ingredients are mixed and stored in one jar and the liquid ingredients are mixed and stored in another jar. Right before use a teaspoon (or two) from each jar is combined to make a paste and immediately applied to the face.

If making masks in advance, it is important that a clean utensil (and not fingers) be used to remove the ingredients from the jar. Do not put the utensil back in the jar. Following these guidelines will reduce the possibility of contamination and preserve the integrity of your product.

Another simple version of this method is to keep a mixture of dry ingredients in a jar, and spoon a small amount into a bowl and mix with a little water right before use.

It is even possible to scoop dry ingredients into the palm of your hand and moisten with water right there. This takes a little practice, but it makes for less clean clean up!

How Often to Use a Mask

Masks should not be used more than once or twice a week. If the mask is quite strong (containing drawing properties or a high level of acid, such as from fruit), once a week may be the most optimal.

Masks stay on the skin longer than scrubs and therefore penetrate more deeply.

Overuse could result in the stripping of vital oils.

How to Prepare Skin Before Applying a Mask

The optimal time to use a mask is when the pores are open. This could be after a warm shower or a steam treatment.

I find a shower much more convenient than a steam treatment. But, if you'd like to perform a steam treatment before applying a mask (they are lovely), do the following:

- Remove make up or dirt by using a gentle cleanser
- Pour one pint of boiling water into a heat proof bowl (use pure water, if possible, to avoid breathing in any chemicals from a treated water supply)
- Place bowl on a sturdy surface (like a table) and lower face over the bowl (it's usually best to sit in a chair that is pulled up close to a table)
- Place a towel over your head to create a tent over the bowl (the towel helps the steam stay close to the face and not evaporate into the air so quickly)
- Stay here for about 15 to 20 minutes
- To make this an aromatic experience (and increase the therapeutic benefits), add 1 or 2 drops of essential oil to the water (lavender,

rosemary, chamomile and eucalyptus are good choices) - essential oils can irritate the eyes, so be careful when lowering head toward bowl. If you experience any discomfort, stop the treatment immediately.

- Therapeutic benefits can also be increased by adding an herbal tea bag or fresh herbs to the water (such as [rose petals](#)).

Caution: use EXTREME care when performing a steam treatment.

Burns are serious (as I'm sure you are aware! I just have to say it anyway.) Be sure children are not in the area. Do not lower face too close to the bowl and move slowly as you set things up.

If you don't have time for a steam treatment or a shower, simply place a washcloth under warm water until thoroughly soaked and heated through. Ring out excess water and lay the wet cloth over the face for a few minutes before applying the mask. This will open the pores and allow the mask to penetrate the skin more deeply.

Application Methods

Tie hair back from the face before applying mask.

Prepare skin by using a facial steam, taking a shower, or placing a warm wash cloth across the face for a few minutes.

Apply mask to the face with clean fingers or a brush (a [make-up brush](#) or paint brush will work).

Spread mask over the face gently and leave on for 15 to 20 minutes.

Masks can get a little messy and even begin to drip, so it is best to recline in a chair or lay down and relax while the mask does it's work.

Place a towel behind your head to catch any drips and wear an old t-shirt to avoid staining any important clothing!

Brushes work especially well for masks that have more liquid or are runny in nature, such as an egg white mask. Simply use the brush to "paint" the mask on the face.

A brush is also a great option when applying a mask to someone else's face. Such as on a girl's night or pamper party.

Spread mask over the skin with fingers or a brush, being sure to avoid the eyes.

Leave mask on for 10-20 minutes. Some masks will completely dry out (especially clay-based ones), but others will stay wet. In either case, be very careful to avoid the eyes when removing the mask.

A wash cloth that has been run under warm water is my favorite way to remove a mask. It gives more control than simply splashing water on the face. This is especially important when removing the mask from the forehead and skin closer to the eyes.

What to Do After Removing a Mask

It is often necessary to apply an astringent (toner) to the skin after a mask in order to remove any residual mask or dirt. The astringent also helps to close pores that may still be open.

Splashing cool water on the face causes the skin to contract and close open pores, and is another method for treating the face after a mask.

Follow with moisturizer to soothe the skin. This is especially important if masks with oil drawing properties have been used.

Skin Type Recommendations

Please note the skin type recommendation listed for each recipe.

Even with this recommendation, it is important that you pay attention to how an ingredient feels on your skin; even natural products can cause reactions.

It is your responsibility to test ingredients to see if they are suitable for you (you are unique!). If in doubt, don't use it.

Please also consider the possibility of a reaction when using an ingredient that

you have not used before. I don't recommend using anything new on your skin too close to a special event. I'd go so far as to say that you should not use a new product closer than a week before a special event. You don't want to try a new mask on the eve of your wedding and wake up with some type of reaction!

Food-Based Masks



The masks in this section utilize ingredients commonly found in the pantry or refrigerator. If not, a quick trip to the local grocery store should be all you need to locate most ingredients.

The following recipes are intended for immediate use. Amounts listed are for one application.

Some recipes can be made in bulk for a group (and I have given guidelines for that on a number of the recipes).

If you have any mask left over, discard or store in the refrigerator for up to three days.

If you are not applying a mask immediately after a shower, prepare the skin by using a facial steam or placing a warm washcloth over the face for a few minutes (this is to open the pores and get the skin ready to receive the nourishing benefits of the mask). **See instructions in the [mask making guidelines](#).**

Don't forget to check the [ingredients section](#) of this book as it provides a comprehensive list of possibilities.

Not all of those ingredients are included in the recipes in this section, so you will be able to make more masks by referencing the ingredients listed there.

Basic Yogurt Mask

Suitable for all skin types

A basic yogurt mask is an excellent method for brightening the skin and removing dead skin cells. The lactic acid in the yogurt help break down these dead skin cells, leaving behind glowing skin.

Ingredients:

Plain Yogurt (I prefer greek yogurt due to the higher protein content)

Method for one time use:

Apply 2-3 teaspoons of yogurt to the face as you would any other mask.

Leave on for 10-15 minutes.

Wash off with warm water and a wash cloth.

Cocoa Yogurt Mask

Suitable for all skin types

Decadent and soothing, this mask is a real treat.

Ingredients

1 tablespoon cocoa powder

2 teaspoons yogurt

Method

Mix cocoa power and yogurt. Carefully spread across face, avoiding the eyes. Leave on for 15 to 20 minutes

Rinse off with warm water.

For an extra boost: add 1 teaspoon of honey.

Cooling & Balancing Cucumber Mask

Suitable for normal to oily skin

Fresh and invigorating, this mask will balance and cool skin.

Ingredients

1/2 cucumber

2 teaspoons plain yogurt

Method

Chop cucumber into large chunks and measure out about 1/3 cup. Blend this cucumber into puree using a blender or food processor. Mix with enough yogurt to make a thick paste (between 2 teaspoons and 1 tablespoon).

Apply to face and leave on for 15 to 20 minutes. Rinse off with warm water.

Optional: may add 1-2 teaspoons of almond meal to make a thicker paste.

Dry Skin Soother

Suitable for dry skin

Mash together any combination of banana, papaya, peach or avocado. You will only need a tablespoon of combined mashed fruit for this mask (it is a great way to use up leftovers).

Apply to skin and leave on for 20 minutes. Wash off with warm water and a washcloth.

Egg & Honey Mask for Dry Skin

Suitable for dry skin

Egg and honey come together to create a nourishing and moisturizing mask.

Ingredients

1 whole egg

1 tablespoon of honey

Method

Beat egg with a fork and add honey. Mix until well blended.

Spread over the face and leave for 15 to 20 minutes before rinsing with warm water.

Egg White Mask

Suitable for normal to oily skin

An egg white mask is useful in removing excess oil and tightening the skin.

Ingredients

1 egg white

Method

Crack one egg and separate the whites from the yolk. Save the yolk for another use.

Beat the whites with a fork until frothy.

Spread over the face and leave for 15 minutes. You will feel the skin tightening.

Wash off with warm water.

Egg White and Lemon Mask

Suitable for oily skin

Ingredients

1 egg white
2 teaspoons lemon juice, freshly squeezed

Method

Crack egg and separate egg white from the yolk (saving yolk for another use)
Place white into a small bowl. Beat with a fork until frothy.

Add lemon juice and stir to combine.

Apply to face and leave for 10 minutes.

Wash off with warm water.

Honey Mask

Suitable for all skin types

To create a honey mask, all you need is honey.

That may sound simple, but honey does a fantastic job of softening and brightening the skin.

It's a little sticky to apply, but worth the trouble. Be sure to pull your hair back, or go one step further and apply a honey mask to your hair as well! You will love how soft your hair feels afterward!

To apply a honey mask, spoon 2 teaspoons of honey into a small bowl. Using clean fingers, spread the honey over your face (avoiding the eyes). Leave on for 20 minutes and wash off with warm water and a wash cloth.

A honey mask can be further enhanced by infusing honey with herbs before use. This takes a few weeks, so requires advance preparation. I show you [how to infuse honey with herbs in the bonus section.](#)



Honey Masks with Essential Oils

Suitable for all skin types

Create masks targeted to specific skin conditions by adding essential oils to honey.

Extreme caution should be used when applying essential oils to the skin. Do not apply essential oils to the skin without diluting first.

For acne: mix 1 drop of tea tree essential oil with 2 teaspoons of honey

For inflamed skin: mix 1 drop of chamomile essential oil with 2 teaspoons of honey

For dry skin: mix 1 drop lavender or sandalwood essential oil with 2 teaspoons honey

For oily skin: mix 1 drop lemongrass essential oil with 2 teaspoons honey

Please see the list of safe essential oils for use on the skin and also note the phototoxic ones in the [ingredients section](#).

Honey & Apple Cider Vinegar Mask

Suitable for normal to oily skin

Honey and apple cider vinegar are both nourishing and rejuvenating to the skin. The apple cider vinegar is especially useful in restoring proper ph balance.

Ingredients

2 teaspoons honey

1 teaspoon apple cider vinegar

Method

Mix honey and apple cider vinegar to form a paste. Spread over the face and leave for 15 to 20 minutes before rinsing with warm water.

To make a larger batch for a group:

Stir together 2/3 cup of honey and 1/3 cup of apple cider vinegar. Use one tablespoon per person. Makes enough for 16 people.

Honey & Avocado Mask

Suitable for dry skin

Avocado and honey are moisturizing to dry skin.

Ingredients:

3 tablespoons avocado, mashed

2 tablespoons honey

Method

Mix honey with avocado. Spread over the face to form a thick layer. Leave for 15 minutes before rinsing off with warm water.

To boost this mask's nourishing and moisturizing abilities, reduce the avocado to 2 tablespoons and add one egg yolk (along with the honey).

Honey Wheatgerm Mask

Suitable for all skin types

Honey and wheatgerm provide a soothing and gently exfoliating mask for all skin types.

Ingredients

3 teaspoons honey

2 teaspoons wheatgerm

Method

Mix honey and wheatgerm until a paste forms. If too runny, add more wheatgerm, if too dry, add more honey.

Apply to skin, avoiding the eyes, let sit for 15 minutes. Wash off with warm water and a wash cloth.

Kelp Mask

Suitable for all skin types

[Kelp](#) is a seaweed that helps remove toxins and soothe irritated skin. This mask is especially fun to make and wear because it is so green! It's a great one to do with your friends so you can laugh at one another.

Ingredients

1 tablespoon [kelp powder](#)

1 teaspoon [aloe vera gel](#) (fresh from the plant or from a tube - the less processed, the better)

1/2 tablespoon water

Method

Mix 1 tablespoon of kelp powder with 1/2 tablespoon of water and 1 teaspoon of aloe vera gel. Apply to skin, avoiding the eyes, let sit for 15 minutes. Wash off with warm water and a wash cloth.

Large batch for group use:

Mix 1 cup of kelp powder with 1/2 cup of water and 1/3 cup of aloe vera gel.

Lemon & Yogurt Mask

Suitable for oily skin

This mask is useful in tightening, brightening, and lightening the skin.

Ingredients

1 tablespoon yogurt

1/2 teaspoon freshly squeezed lemon juice.

Method

Mix lemon and yogurt until smooth. Apply to face, avoiding the eyes. Leave on for 10-15 minutes.

Wash off with warm water and a wash cloth.

Mayonnaise Mask

Suitable for dry skin

This one does not smell great, I admit, but it is an excellent method of soothing and moisturizing dry skin.

Ingredients

Mayonnaise - 2 teaspoons

Optional: 1 drop of lavender or chamomile essential oil (stir thoroughly to distribute throughout).

Method

Apply mayonnaise to face and leave on for 20 minutes.

Rinse off with warm water.

Note: a mayonnaise hair mask is also excellent for dry hair.

Peaches and Cream Mask

Suitable for dry skin

A refreshing and hydrating combination, well suited to dry skin.

Ingredients

1 peach

1 teaspoon cream, yogurt, or sour cream

1/2 teaspoon honey

Method

Peel a peach (see [how to peel a peach tutorial](#)) and cut into slices. If only making one mask, you will need approximately 1/4 of a peach. Mash 1/4 of the peach with a fork.

Add cream, yogurt, or sour cream to form a paste. Add honey. Stir to combine.

Apply to face, avoiding the eyes. Let sit for 15 minutes. Wash off with warm water.

Large batch for group use:

Peel, slice, and mash two peaches. Add 2 tablespoons cream, yogurt, or sour cream and stir until a thick paste forms. Add 2 teaspoons of honey and stir to combine. Makes enough for 8 people.

Soothing Oat Mask

Suitable for normal to oily skin

Oats soothe and calm skin that is irritated.

Ingredients

1-2 tablespoons of oats, ground

2-3 teaspoons of water

Method

Combine oats and water to make a thick paste.

Spread over face and leave for 20 minutes. Use warm water and a wash cloth to

remove.

Optional extras: add honey, one drop of essential oil (like chamomile or lavender), oil or cream to suit your needs and preferences.

Strawberry Sour Cream Facial

Suitable for normal to oily skin

Ingredients

2 strawberries

1 tablespoon sour cream

Method

Mash strawberries and stir in sour cream. Apply mixture to the face and leave for 10 minutes.

Notes: If you have extremely oily skin, use a lower fat sour cream.
Yogurt may also be substituted for the sour cream.

Sweet Strawberry Cocoa Mask

Suitable for all skin types

So good you'll want to eat it!

Ingredients

2-3 strawberries

1 teaspoon honey

1 tablespoon of cocoa powder

Option: Substitute avocado for the strawberry to create a more moisturizing mask.

Method

Mash strawberries thoroughly and mix with honey. Add 1 tablespoon of cocoa powder and stir to combine.

Apply to face with a make up brush or your fingers (avoiding eye area). Let sit for 15 minutes and rinse off with warm water.

Notes: For extra dry skin, consider adding a teaspoon of oil, for damaged skin, try adding a teaspoon of [Rhassoul](#) or [Kaolin clay](#).

Clay and Herb-Based Masks



Clay and herb-based masks are wonderfully nourishing and lend themselves to advance preparation and storage more than food-based masks.

There are a few mask recipes that include herbs in the food-based recipe section. This is because they are often mixed with honey and I included most honey-based recipes in the food category. So, don't forget to check those recipes too!

Basic Clay Masks

Suitable to all skin types (depending on the clay chosen)

Clay masks have the amazing ability to pull toxins from the skin and are well loved for their pore cleansing and skin balancing abilities.

Extremely high in minerals, clay is so nourishing and therapeutic, it can be made into a mask by simply adding water. It is recommended that equal parts water and equal parts clay be mixed.

Water is the easiest liquid to use, since it's readily available, however, other liquids that make lovely clay masks include: hydrosol, herbal tea, oil, apple cider vinegar, aloe juice, yogurt, or cream.

To make a clay mask:

1. Begin by choosing a clay that is suitable to your skin type.

[Kaolin clay](#) and [Rhassoul clay](#) are generally the safest options as they are milder than other clays and usually well tolerated by all skin types (including sensitive skin).

[French Green Clay](#) is highly absorbent and removes oil and toxins very effectively. **It is best suited to oily skin.** It can be a little too strong for dry skin.

[Bentonite Clay](#) is one of the least expensive clays. **It is suitable for normal to oily skin.**

Dead Sea Clay is rich in minerals and helpful in cleansing and soothing **sensitive and irritated skin.**

[Fuller's Earth Clay](#) is best reserved for **oily and acne prone skin.**

Note: Do not store clay in metal containers or stir with metal utensils or in metal bowls. Clay absorbs metal, which is great when it's on your skin, but storing or stirring with metal will make it less effective.

It is best to use a glass or ceramic bowl and plastic, wooden, or bamboo spoon.

2. Choose a suitable liquid for mixing.

If in doubt, use water as it is suitable to all skin types. However, apple cider vinegar is great for normal to oily skin, cream is nourishing to dry skin, and herbal tea or hydrosol is useful for most skin types, depending on which herb is used (lavender, chamomile, and rose are suitable for most skin).

A combination of liquids may also be used.

3. In a clean bowl, mix equal parts clay with equal parts liquid to form a paste.
4. Apply mask by spreading paste over the face with clean fingers, avoiding the eye area. Let sit anywhere from 5 to 20 minutes.

The length of time will depend on how the mask feels on your skin. Clay can be quite drying and tightening, so drier skin types may need to wear the mask for less time than those with oily skin.

5. Remove mask with a wet wash cloth.
6. Follow with an astringent, like witch hazel, apple cider vinegar toner, or other store-bought or homemade toner.
7. Moisturize.

To begin experimenting with clay masks, try some of the following recipes:

Clay and Jojoba Mask

Suitable for normal to dry skin

Jojoba oil is hydrating and well suited to dry skin.

Ingredients

2 teaspoons [Kaolin clay](#)

2 teaspoons Jojoba oil

Method

Mix clay and jojoba oil to make a paste (add more oil or water, if needed).

Optional addition: 1 drop of lavender essential oil.

Spread mask over face, avoiding the eyes. Leave on for approximately 10 minutes. Remove mask with a wet wash cloth.

Clay and Vinegar Mask

Suitable for normal to oily and acne prone skin

This mask absorbs oils and balances oily skin.

Ingredients

2 teaspoons clay (your choice)
2 teaspoons of apple cider vinegar

Method

Mix clay and apple cider vinegar to form a paste. Add more vinegar or water, if needed.

Spread mask over face, avoiding the eyes. Leave on for approximately 10 minutes. Remove mask with a wet wash cloth.

Creamy Clay Mask

Suitable for normal to dry skin

This mask is used to soothe and detoxify the skin.

Ingredients

2 teaspoons full-fat Greek yogurt or cream
2 teaspoons [Kaolin clay](#)

Method

Mix yogurt or cream with clay. Add more cream or water, if need to make a paste.

Optional addition: 1 drop of lavender or chamomile essential oil.

Spread mask over face, avoiding the eyes. Leave on for approximately 10 minutes. Remove mask with a wet wash cloth.

Green Mask for Acne

Suitable for normal to oily and acne prone skin

French green clay is a great choice for acne prone skin. Simply mix with water to form a paste before applying. Kick the mask up a notch by adding green tea powder, which is full of antioxidants and helpful in reviving dull, tired skin.

Ingredients

2 teaspoons [green tea powder](#)

2 teaspoons [French Green clay](#)

2-3 teaspoons water

Method

Mix all ingredients until a paste forms. Spread mask over face, avoiding the eyes. Leave on for approximately 10-15 minutes. Remove mask with a wet wash cloth.

Masks with Clay and Herbs

Clays can be mixed with powdered herbs to create an endless variety of combinations. In general, 1/2 to 1 teaspoon of powdered herb can be substituted for an equal part of the clay (if following the instructions for clay masks given above). So, instead of 2 teaspoons of clay and 2 teaspoons of liquid, one might use 1 teaspoon of clay, 1 teaspoon of powdered herb, and 2 teaspoons of liquid.

Ratios will vary slightly depending on the types of herbs, clay, and liquid being used. Experiment to find the right combination and ratios for your skin.

A few herb and clay combinations to try:

Chamomile Clay Mask

Suitable for all skin types

This mask is intended to soothe irritated skin.

Ingredients

2 teaspoons [Kaolin \(white\) clay](#)

1 teaspoon of [chamomile hydrosol](#) (or chamomile tea)

Method

Mix Kaolin (white) clay with hydrosol until a paste forms.

Apply mask to face and let sit for 15 minutes before washing off with warm water and a wash cloth.

Options

For an extra soothing mask, replace 1 teaspoon of the clay with 1 teaspoon of finely ground [chamomile flowers](#). Use the same amount of hydrosol or tea (increase, if needed, to make a paste).

Bulk preparation

This mask cannot be stored for longer than three days due to the water content of the hydrosol or tea that is used. However, if you wish to prepare a larger batch for use with a group of friends, begin with the ratio of 2 parts clay to 1 part hydrosol/tea. Once this has been mixed, increase liquid a little at a time, until a

thick paste forms.

(Example of how the 2:1 ratio works: If I begin with 2 cups of clay, I would stir in one cup of hydrosol or tea. If the mask requires more liquid, I would then add a tablespoon of liquid at a time until the desired consistency is reached.)

If you would like to make a large batch that includes chamomile flowers, mix together 1 cup of clay with 1 cup of ground chamomile flowers, add 1 cup of hydrosol or tea and proceed to add extra liquid as needed. You may also use half hydrosol and half water, if desired.

A small amount of honey would also be a welcome addition to this nourishing mask.

Garden Glory Face Mask

Suitable for all skin types

Rose water is nourishing to all skin types and adds a luxurious fragrance to this mask. Rose water can be purchased online, but it is quite simple to make. If you would like to try your hand at making rose water, see the tutorial on my website: <http://adelightfulhome.com/rose-water>

Ingredients

1 teaspoon rose water (possible substitutes: water, lavender or chamomile hydrosol, yogurt, cream, aloe juice, herbal tea)

1 teaspoon [ground lavender petals](#)

1/2 teaspoon [ground chamomile petals](#)

1 teaspoon [Rhassoul clay](#)

Method

Mix together ground lavender petals, ground chamomile flowers, and clay. Add rose water and stir to combine.

1/2 to 1 teaspoon more of rose water may be necessary to form a paste.

To make enough for a group or for future use: mix together 1 cup lavender petals, 1/2 cup ground chamomile flowers, 1 cup clay. Keep this mixture in a jar with a tight fitting lid until ready to use.

If mixing up the entire batch for a group, add 1 cup of rose water and stir to combine. Add more rose water as needed to make a paste.

If mixing just enough for one use, remove 1 tablespoon of mixture from the jar and stir in 1/2 tablespoon of rose water to make a paste.

Alternatively, this mask could be made by adding whole (not ground) lavender and chamomile flowers to a food processor, along with the clay. Process until smooth. Add rose water directly to the food processor and blend to combine. Use immediately or store in the fridge for 2-3 days.

To use: Apply to the skin as you would any other mask, avoiding the eyes. Leave on for 10-15 minutes. Remove with a wet washcloth.

Lavender-Clay-Oat Mask

Suitable for all skin types

The powdered lavender in this recipe is soothing to the skin and the senses. The clay helps to draw out and absorb impurities, while the oats soothe any inflammation or irritation.

Ingredients

1 teaspoon [ground lavender](#)

1 teaspoon ground oats (or oat flour)

1 teaspoon clay of your choice

1 teaspoon water or apple cider vinegar (use acv for normal to oily skin, water for normal to dry skin)

Method

Mix ground oats, lavender and clay. Moisten with water or apple cider vinegar and apply to the skin.

To make a larger batch:

Add 1 cup of oats and 1 cup of lavender flowers to a food processor or high powered blender. Blend until ground into a fine powder. Add clay and blend again to combine.

Store in a jar and stir 1 tablespoon of mixture with 1/2 tablespoon of water or apple cider vinegar for each use.

If preparing the entire batch for a group. Add 1 1/2 cups of water to the mixture and blend until smooth. Add more water as needed.

Another method of sharing this mask in a group setting is to provide small bowls for everyone with one tablespoon of lavender-oat-clay mixture. Allow each guest to mix their own mask by adding whichever liquid is most suitable to their skin type. Water for all skin types, apple cider vinegar for normal to oily skin, oil or heavy cream for dry skin.

Lavender-Rose-Clay Mask

Suitable for all skin types

Ingredients

1 teaspoon [Kaolin clay](#)

1 teaspoon [dried rose petals](#), ground

1 teaspoon [dried lavender buds](#), ground

Method

Mix clay, ground rose petals, and ground lavender buds. Moisten with enough water, yogurt, or honey to make a paste (start with 1 1/2 teaspoons and stir to combine. Add extra liquid, a little more at a time, until you have the right amount).

To make a larger batch for a group or to store for future use, mix together:

1/2 cup Kaolin clay

1/2 cup dried rose petals, ground

1/2 cup dried lavender buds, ground

Mix clay, ground rose petals, and ground lavender buds. Moisten with enough water, yogurt, or honey to make a paste (Start with 3/4 cup and add more as needed).

Herb-Based Masks

A simple herb based mask can be made by mixing powdered herbs with yogurt, honey, water, aloe vera gel, oil or glycerin.

A sprinkling of clay is a nice addition and boosts the mask's detoxifying abilities. Although it is nice to use masks without clay from time to time as well.

Some herbs to try:

(use alone or t in combination)

Lavender

Chamomile

Rosemary

Calendula

Nettle leaf

Thyme

Yarrow

Healing Plantain Mask

Suitable for all skin types

Plantain (the herb, not the banana-like fruit) is soothing to irritated skin and is healing for cuts, scrapes, and other wounds.

Ingredients

2 teaspoons of honey

1 teaspoon of ground plantain leaves

Method

Mix together honey and ground plantain leaves.

Spread over the face and let sit for 20 minutes.

Wash off with warm water.

Lavender-Calendula Mask

Suitable for all skin types

Lavender and calendula are two of my favorite herbs. They are beautiful and contain wonderful healing and soothing properties.

Ingredients

2 teaspoons of [ground lavender petals](#)

2 teaspoons ground calendula petals

1 teaspoon of honey, cream, or oil

To create a soothing mask for all skin types:

Mix together ground lavender and calendula. Add one teaspoon of honey (or cream or oil, if the skin is very dry). Add more water, if necessary, to form a paste. Apply paste to the face and let sit for 15 to 20 minutes. Rinse off with warm water.

For bulk preparation: mix together 1 cup of ground lavender petals and 1 cup of calendula petals.

To create the same mask with fresh herbs:

Place 1/3 cup each fresh calendula petals and lavender flowers in a food processor. Add 1 tablespoon water or a mixture of water and cream. Blend to a smooth paste. Add 2 tablespoons of cornstarch or arrowroot powder and blend again to thicken.

Use as directed above.

Bonus Material

Herb-Infused Honey



Herb-infused honey is also known as medicinal honey. It can be added to tea and used as a method for administering herbal medicine.

Besides being pleasant to consume, herb-infused honey is also an excellent addition to masks and scrubs. It is a simple way to include more herbal benefits in your skin care routine.

Uses for Herb-Infused Honey

Herb-infused honey can be used as a mask with no other additions. It is also wonderful as part of a scrub. Honey is so gentle it can be used as a daily cleanser (simply apply to the skin as you would any other cleanser and wash off with a wet washcloth)!

Honey is amazing!

Want more ideas for using honey? Read this: [10 Ways to Use Honey \(in Your Food and On Your Skin.\)](#)

Which Herbs to Use

Many herbs are well-suited to this task. The following herbs having many benefits for the skin:

Lavender
Chamomile
Plantain
Sage
Rosemary
Yarrow
Fennel

How to Make Herb Infused Honey

Use raw honey whenever possible as it still contains many of the enzymes and beneficial properties that lost (or significantly diminished) in the heating/pasteurization process.

You will need:

1 cup honey
2 tablespoons of chopped fresh herb or 1 tablespoon of dried herb

Method

Add herbs to a clean jar and pour honey over the top. Stir to combine.

Close with a tight fitting lid and allow honey and herbs to steep for one to two weeks in a sunny window.

Shake jar from time to time, turning upside down to re-distribute the herbs (they tend to float to the top).

Strain out the herbs by placing a fine mesh strainer or cheesecloth over a bowl or jar. (A cheesecloth will remove more of the herbs, but a few stray herbs is fine).

Pour honey through the sieve or cheesecloth, allowing it to catch the herbs. If honey is extremely thick, you may wish to gently warm the entire jar in a bowl of warm water. This will allow the honey to flow more easily.

Pour honey into a canning jar and close tightly. Attach a label, noting the herbs used.

Use within 18 months.

Herb-Infused Oil



Making an herb-infused oil requires the same basic steps as an herb-infused honey.

An herb-infused oil can be used as the liquid portion of a mask or scrub. It can also be used as a moisturizer from time to time.

Herbs to use:

Lavender

Chamomile

Rosemary

Calendula

Nettle leaf
Thyme
Yarrow

Use a single herb or create your own custom combinations.

Note: This method uses dried herbs, not fresh. This is to avoid any problems with bacterial growth. Also, be sure to use whole leaves and petals of flowers, not ground herbs.

How to do it:

There are a number of methods that work well for infusing oil. I prefer the longer method (method 1) as it requires little to no heat and keeps much of the herb's properties intact. I do utilize the other methods when necessary and feel they are still very good options.

Method 1 - Solar Method

Takes the longest, but produces best results

Place dried herbs in a glass jar that has been sterilized. A pint-sized jar is a great place to start. For a pint-sized jar you will need about 1 1/2 cups of dried herb and just under 2 cups of oil. The measurement need not be exact. Adapt to fit any jar you have. Just be sure you have enough oil to cover the herbs.

Pour oil over the top of the dried herbs until herbs are covered with oil. Add a little more oil. (Herbs will absorb some of the oil, so this is necessary in order to keep the herbs covered).

Cap jar tightly and place in a sunny window. Leave for at least 10 days and up to 2 weeks. Shake the jar from time to time to ensure all the herbs are covered with oil.

Strain out the herbs using cheesecloth or a very fine strainer. Place infused oil in a clean jar. Cap tight and label. Will last for many months.

Method 2 - Oven Method

Place 1 -1/2 to 2 cups of dried herb in a heat proof dish, like a small glass or ceramic casserole dish, loaf pan (non-metal), or canning jar. Pour 2 cups of oil over the herbs and stir to combine. Make sure all of the herbs are covered by the oil. Add a little more oil to cover the herbs sufficiently, if necessary.

Turn oven to 250 degrees fahrenheit. Place dish in the preheated oven and **turn the oven off**. Leave in the oven for 3 -4 hours.

Remove from the oven (very carefully) and put in a safe place to cool (away from children). Leave to cool for 2 hours. Strain herbs through cheesecloth stretched over a jar or bowl.



Straining herbs out of the oil

Pour oil into a clean jar, cap tightly and label.

Alternatively, the herbs can be placed in an oven pre-heated to 250 degrees fahrenheit for about 20 minutes and then the oven may be turned off. Leave the herbs inside the oven for 24 hours.

Method 3 - Crock pot Method

Place herbs and oil in jars as described above, leaving an inch of room at the top of the jar. Set aside.

Place hand towel in the bottom of the crockpot and fill crockpot about half full with water. Turn crockpot to lowest setting.

Stir the herb/oil mixture in the jars to release any air bubbles and cap tightly with lids.

Place jars on the towel inside the crock pot.

Heat on low setting for 8-10 hours.

Turn off and let cool before removing from the crockpot.

Note: Herb-infused oils are also great for cooking and are an excellent addition to salad dressing. They also make the base of many salves and balms. I use infused oil to make [calendula salve](#), [plantain salve](#), and a [simple lavender salve](#). (Recipes on [adelightfulhome.com](#))

Recommended Reading

If you enjoyed this book and want to learn more about natural skin care, check out the following titles:

(I own them all!)

[Skintervention](#) by Liz Wolfe

[DIY Beauty Recipes](#) by Heather of Mommypotamus

[Make Your Own Make Up](#) by Lori of Health Extremist

[Simple Scrubs to Make and Give](#) - by me!

[Crunchy Betty's Food on Your Face: For Acne and Oily Skin](#) by Leslie of Crunchy Betty

[Vintage Remedies' Foundations of Botanical Skin Care](#) - an in-depth course that looks at the **dermatology and skin physiology** of the skin and teaches **how to formulate skin care products** that target various skin conditions.

This course contains over 3 hours of audio and 2 ½ hours of video demonstrations, plus over 125 downloadable formulas for botanical skin care.

About the Author

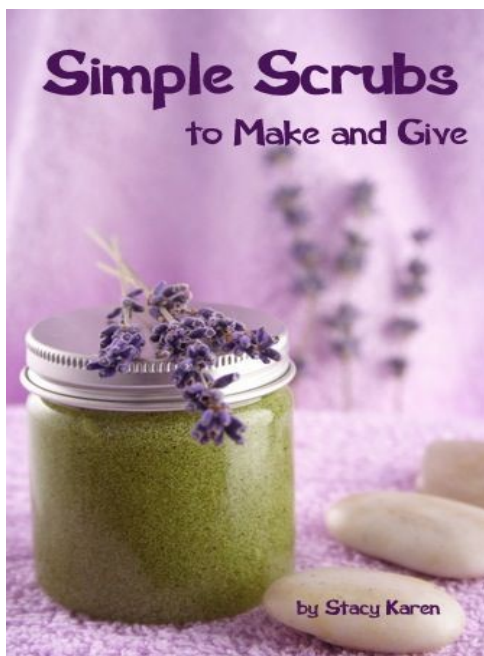


Stacy is wife to a preacher and mom to three children. She spends most days teaching her children at home while trying not to be overly distracted by DIY projects and piles of books.

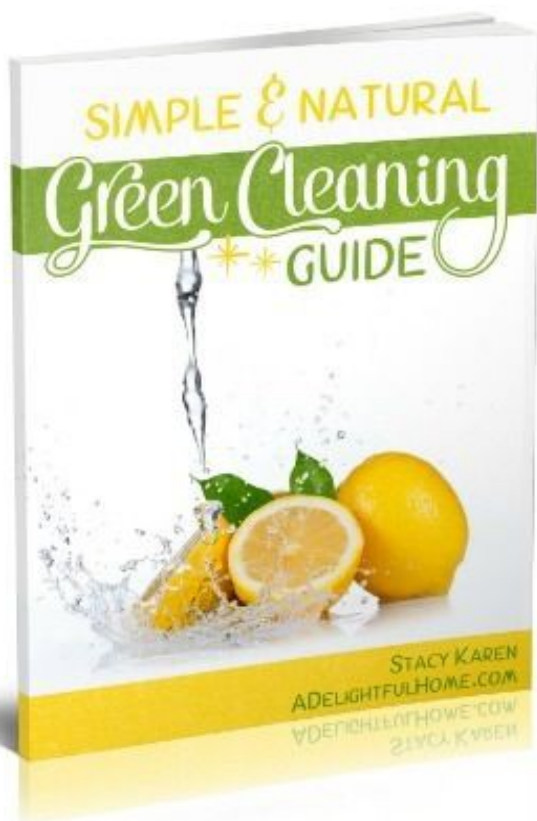
Born and raised in Australia, Stacy developed a passion for healthy living during her teen years. This passion grew to new heights after her children were born as she found herself seeking more natural options for her family.

Currently residing in the USA, Stacy writes about finding peace and joy at home, on her blog, AdelightfulHome.com; she shares practical tips for natural family living (with God at the center).

Stacy is the author of two other ebooks:



[Simple Scrubs to make and Give:](#)
a comprehensive guide to all-natural body scrubs



[Simple and Natural Green Cleaning Guide:](#)
easy and effective cleaning recipes for everyday tasks.

Visit Stacy:

ADelightfulHome.com
Facebook.com/ADelightfulHome
Pinterest.com/StacyKaren
Instagram.com/StacyKaren

Sign up for my free Healthy Living Makeover eCourse:
<http://adelightfulhome.com/healthy-living-makeover/>

Resources

Be sure to check the resource page for links to many of the ingredients in this book:

<http://adelightfulhome.com/resources-scrubs-masks/>

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