

# *Oats & Honey Facial Mask*

## **Basic**

- 1/2 cup raw rolled oats -grind them a bit in a spice mill or coffee grinder
  - 2 T + a little more herbal tea
  - 1 T local honey (you can skip honey)
- mix together for a texture you like

## **Add on**

- 1 t matcha or
- 1/4 t turmeric or
- 1 T powdered buttermilk or
- 1 T full fat yogurt
- Add a few drops of our Nourishing Oils

## **Essential Oils**

- flowers like rose, ylang ylang, or jasmine
- sweet citrus like bergamot, pink grapefruit or lime

Only about 5-7 drops total

## **Why Oats?**

Oats are gentle and versatile. They also contain natural cleansing agents (saponins) that breakdown oils and dead skin cells. They remove debris that clogs the pores. Oats condition the skin without activating sensitivity and are known to reduce inflammation due to irritation.