

# *Pumpkin Mask*

## **Basics**

- Use organic pumpkin puree
- Thin with rosewater or orange blossom water
- Warm on the stovetop (or use room temp)
- Massage gently into the face, neck and decollete. Allow to sit for 5-10 minutes. Rinse with warm water, mist and moisturize.

## **Essential Oils + Add Ons**

- Honey is anti-bacterial and gently nourishing for skin - plus it contains a little beeswax which helps protect skin
- Saffron, rose, patchouli, myrrh, sandalwood, frankincense are all good choices.- only 3-5 drops total

## **Why Pumpkin?**

Natural enzymes in the pulp of the pumpkin makes a great masque. It gently exfoliates by dissolving dead skin cells. Its high in alpha-hydroxy acids (AHAs) that increase cell turnover and soften the skin. An excellent refresher, the pumpkin masque is great to revitalize dull skin; a wonderful treat for smoother, more youthful skin.

