

## How to Customize Your Facial Mask

To create your own facial mask, choose one or more ingredients from the following list and mix it with the Cleansing Grains to form a thick paste. (You'll have to experiment with proportions depending on the ingredients you choose, but remember to start with very small amounts, so you don't end up with 2 cups of facial mask to use up! You want to make enough for only one application - this is something that is best made up fresh each time). Apply to your skin and leave on for up to 20 minutes. Rinse with lukewarm water, and enjoy your beautiful skin!

For oily skin, use one or more of the following:

- 1 egg white, whipped
- Yogurt
- Witch hazel
- Mashed papaya or strawberries
- Brewed peppermint or sage tea
- Peppermint or lemongrass hydrosol

For normal or combination skin, use one or more of the following:

- Honey
- Mashed banana
- Whole egg, beaten well
- Brewed lemon balm tea or green tea
- Lemon verbena hydrosol

For dry skin, use one or more of the following:

- Mashed avocado
- Whipping cream (whipped or liquid) or half and half
- Egg yolk, beaten
- Oil (such as sunflower, olive, or herbally infused oil)
- Brewed chamomile tea or rooibos tea
- Comfrey hydrosol

If you'd like to further pamper yourself, you can enhance the mask/scrub with essential oils. The important thing to remember is that essential oils are VERY CONCENTRATED so you will need only 1-2 drops to enhance each batch of your mask. More may irritate your skin, so please be careful. A small amount of essential oils will make your mask fragrant and add extra herbal benefits.

Peppermint and rosemary essential oils are excellent for oily skin.

Tea tree essential oil is great for acne or other skin conditions.

Clary Sage or rose geranium essential oils are great for combination or normal skin.

Patchouli essential oil is excellent for mature or dry skins.

Lavender essential oil is balancing, and great for all skin types.

For more information, please visit our website at <http://prairielandherbs.com>.

If you have any questions, please don't hesitate to email us at [shop@prairielandherbs.com](mailto:shop@prairielandherbs.com) or call us at 515-809-7022.