



Home Made Face Mask Preparations for all **Skin Types**

By Joani Walker

Masks are an excellent beauty pick-me-up with instant results. Face masks give you a smooth complexion and are more effective after a steam facial.

Mask Guidelines:

Carefully select the mask that is best suited for your skin type and remember that if you are treating your skin for the first time with a face mask, you may find a few blemishes up to a week later. This indicates that the treatment is working well!

Masks must always be used on a clean skin and should be evenly applied. Apply a face mask when skin is warm.

Mask application must be avoided around the eyes and mouth. For dry, sensitive and combination skin types, the mask may be washed off after ten minutes. Oily skin needs a mask for a full fifteen minutes before rinsing off. Treatments can vary from season to season. Once you know your skin type you can decide on a wide variety of flowers, fruits, vegetables and dairy products.

The fruit and vegetable juices supply the needed vitamins and minerals. Barley supplies protein, yeast stimulates the flow of blood and curd cleanses the skin.

SENSITIVE SKIN MASK

Ingredients: 1 carrot, 1/4 teaspoon honey

Method: Grate carrot, extract the juice and stir in honey
Application: Pat on skin. Leave on for 10-15 minutes. Rinse off.

DRY SKIN MASK

Ingredients: 1/4 avocado, 1 egg yolk, 1/2 teaspoon honey or sun flower oil.

Method: Mash avocado well. Add beaten egg yolk and honey.

Application: Apply on skin and rinse off after 15 minutes.

REVITALIZING MASK

Ingredients: 1 tablespoon brewer's yeast, 2 capsules of vitamin E, one capsule of vitamin D, one capsule of vitamin A.

Method: Prick a pin into each capsule, squeeze contents and add in yeast and mix well.

Application: Apply mask and leave on 30 minutes. Rinse off.

WINTER MASK

Ingredients: 1 teaspoon brewer's yeast, 2 teaspoons or more distilled water.

Method: Make a smooth paste of the yeast and water.

Application: Apply thickly all over face & leave on for 1 or 2 minutes. Wash off with tepid water.



OILY SKIN MASK

Ingredients: 1 tablespoon oat-meal powder, 5 tablespoons lemon juice, 1/3 teaspoons of milk.

Method: Mix all ingredients together to a smooth consistency.

Application: Apply on oily facial skin evenly and wash off after 15-20 minutes.

ALL PURPOSE MASK

Ingredients: 1 teaspoon gelatin (dissolve in water), 2 teaspoons brewer's yeast powder, two teaspoons barley powder, olive oil (if skin is dry).

Method: Blend all the ingredients well.

Application: Apply over face and neck and rinse off after 10-15 minutes with cold water.

PROBLEM SKIN MASK

Ingredients: 1 sprig mint leaves, 1 teaspoon rose water.

Method: Wash and grind the mint leaves to a smooth paste using the rose water.

Application: To be applied preferably overnight or leave on a couple of hours Before washing off.



Joani Walker is a Board Certified Aesthetician with over twenty years experience working with cosmetic patients. Ms. Walker works with Scott Brenman, M.D. at the Pennsylvania Centre for Plastic Surgery. Contact at Joani@phillyfitmagazine.com