Article Side

Make the Your Own Facial Mud Masks by Tedd Woods

Article published on April 2nd 2012 | Food

Mud Mask can help you to soften and refresh your delicate facial skin. The mud mask is already in existence since 1100. Thu. It was the Egyptians who first formulated the mud mask. They together olive oil, milk and certain natural ingredients that refreshed and rejuvenated beauty. We are going to make a simple facial mud mask, that when we brush our sensitive skin, it may just do it at home rather than spend too much to go to the salon to have a facial mud mask. It will be the ingredients and steps.

Ingredients:

â€¢ Egg yolk

â€¢ Dead Sea Mud

â€¢ Oatmeal

â€¢ Cosmetic clay

â€¢ Witch Hazel

â€¢ 1/2 avocado

â€¢ German chamomile oil

â€¢ Peppermint oil

â€¢ Lavender Oil

Procedure:

â€¢ Three drops of German chamomile oil, one drop of peppermint oil and lavender oil, four drops of your half cup of Dead Sea mud is a mix of beginning. Make sure you mix it thoroughly to ensure that all ingredients are thoroughly mixed. After that you need to move it into the jar. Apply a thin layer to face and leave it for about five to fifteen minutes. Use warm water to rinse the mask and pat it dry with a towel to his face. It was the Egyptians who first formulated the mud mask. They together olive oil, milk and certain natural ingredients that refreshed and rejuvenated beauty. Make sure you properly store unused face masks that you can still use them in the next week to rejuvenate the face.

â€¢ Mix 1/2 avocado and blend until it is smooth. Now, add one beaten egg yolk and 1 teaspoon of dry clay cosmetics. To create a smooth paste, add the witch hazel, but make sure it is a small amount. Now she is ready to be applied on your face and let it dry on your face. Again, use warm water, rinse the mask and pat your face dry towel to help you. Just spare mask should be kept in a sealed container and put it in the refrigerator.

â€¢ You can also make your oatmeal mud mask. Mix one teaspoon of dried mud face with two teaspoons of peppermint leaves, and two small teaspoons of oatmeal. Thick paste, add three tablespoons of water. It is now ready to be applied on your face. We are going to make a simple facial mud mask, that when we brush our sensitive skin, it may just do it at home rather than

spend too much to go to the salon to have a facial mud mask. Allow to dry on your face for fifteen minutes. Wash off after fifteen minutes and pat dry.

There are many simple and easy ways to make your own facial mud mask. All you have to do is be resourceful and creative.

Article Source:
http://www.articleside.com/food-articles/make-the-your-own-facial-mud-masks.htm - Article Side

Tedd Woods - About Author:
For more information on a spa orange county , Visit platinummedicalspa

Article Keywords:
latisse orange county, spa orange county

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!