

Body Beautiful- Unit 2

Unit 2G Facial Masks



Facial Masks- (2G)



Transformations-

- 1) Bring masks into your beauty routine. Learn about how over 25 household foods and items can be used to make healing face masks. Try at least 2 masks and include essential oils.
- 2) Learn to improve your product each time by analyzing it.
 - a) what do you think of the masks you made?
 - b) did they improve your skin?
 - c) how did your skin feel during and after the experience?
 - d) how might you change your creation?



Food Based Facial Masks

Many foods have been used as masks through time. They can be handy, effective and downright yummy. Here is a plethora of ideas adapted from B. Mars pg. 34. What do you think of this yummy selection?

Almonds- dry, mature skin, blackheads, enlarged pores.

Apple puree- dry, mature, oily, sensitive and blemished skin.

Exfoliates, is antiseptic, astringent.

Apricots- the pits can be dried and pulverized for scrubs. Apricots, themselves are good for normal, dry or oily skin. They help regenerate skin.

Avocadoes- An age- old favorite- nutritive and softening. Very good for mature, dry and sensitive skin.



Bananas- nourish sensitive skin. Moisten dry skin. Help the skin stay soft.

Barley meal- acne, oily and sensitive skin.

Clay- absorbs toxins, clears the skin, improves circulation. The color of clay has an impact.

Green clay is better for oily skin. It does soften and brighten most skin.

White clay is a bit better for mature skin. Draws out impurities.

Coffee grounds- stimulating, exfoliating.

Cucumbers- cooling, astringent. Great for around the eyes. Ensure the cucumber is well wash beforehand. Lightens freckles and soothes sunburn.

Grapes- Use the green ones, as purple grapes may stain the skin. High in AHA's Help heal chapped skin, smooth pigmentation.

Green herbs- all have a different effect, depending on their properties. Dandelion leaf, violet leaf and chickweed, are all helpful. Kale rejuvenates and tones.

Honey- moisturizes, tightens, lifts. Ensure it is thinned out, by adding hot water first, to lessen the stickiness. Use only a small percentage of honey.

Kiwi-high in AHA's and vitamin C. Softens the skin and helps slough off dead skin cells.

Lemon- lightens pigment and liver spots. Helps restore a good acid balance to the skin. Good for oily skin-astringent and toning.

Melons- soothe, tone and lighten skin. Best for normal and oily skin.

Mint leaves- acne, blemished skin, enlarged pores.

Oats- (powdered rolled oats)-the base of an excellent mask for many skin types from acne-wrinkles. Oats are very soothing to itchy skin.



Papaya- exfoliates and gets rid of dead skin cells. Unripe green papaya is even more effective than ripe papaya, as it is higher in enzymes.

Parsley- helps get rid of blackheads, blotchy skin.

Peaches- anti-inflammatory for normal and dry skin. Might help prevent wrinkles. The peach pits can be ground as a component in scrubs. Ensure the pieces are not too sharp, as they may scratch skin.

Pears- can help sore inflamed, sunburned skin.

Pineapple- rich in enzymes. Use to revitalize skin.

Potatoes- excellent for acne, dry, oily skin. Calms sunburn.

Pumpkins- One of the best masks available. Even canned pumpkin is good. Ensure nothing is added if it is canned.

Revitalizing, high in AHA's. My favorite choice!



Sea Vegetables- A

wonderful choice, except the scent can be a bit fishy. Tones saggy and mature skin, detoxifies, soothes and adds minerals. May aggravate acne skin.

Strawberries- cleansing, tightens pores, lightens pigmentation. High in AHA's a great for sloughing off dead skin.

Yogurt- Use as a mask for oily, mature or blemished skin. Helps kill bacteria that makes skin blemish-prone.

Fruit Mask of Your Choice-



3 Tbsp. fresh fruit- choose a fruit that is compatible with your skin type.

Papaya which is high in enzymes is a lovely choice.

1 Tbsp. honey(warmed)

1tsp. yogurt or water.

Put the ingredients in a food processor, or mash. Add more yogurt or water, if too thick.

Acne Drying Mask



Apply to problem areas only.

1 Tbsp. powdered rolled oats or clay

1 Tbsp. green clay.

1 Tbsp. freshly squeezed lemon juice or apple cider vinegar. Mix into a paste and apply to pimples. In this case, the whole face has spots and we use it over all the facial skin.

Allow to fully dry, before washing off.

Gel Mask for Dry or Mature Skin-

Adapted from Danielle Ryman pg. 88



1 Tbsp. slippery elm powder

Boiled Water

1 Tbsp. Orange Blossom Floral water or purified water.

15 ml castor oil

2 drops cistus, frankincense or neroli essential oils.

Mix slippery elm powder with 1 Tbsp. of water in a sauce pan, and make a paste.

Warm, and gently add in the water and boil gently, until the mixture becomes thick.

Let the mask cool, add in the castor oil and essential oil of your choice.

Apply onto a cleansed face.

Leave on for 20 minutes.

Wipe off with a warm compress.

Aloe Vera, Healing Gel, Mask- (2G)

30% Aloe Vera Gel

25% Roman Chamomile Hydrosol

25% Distilled Water

5% Cucumber extract

5% Propendiol, 1,3, or glycerine

2% Xanthan Gum

5% Oat Oil, or other skin calming carrier oil

1% Euxyl - Preservative

1% Vitamin E, Anti-oxidant

1% Roman Chamomile or lavender essential oil,



Instructions:

Mix the xanthan gum into the propendiol, ensure it is well hydrated. Slowly add in the hydrosol, water, carrier oil and cucumber extract. Mix with a stir stick to eliminate lumps.

Let sit for one hour to fully hydrate.

Add in the preservative, anti-oxidant and essential oil.

Ensure it is well stirred and not lumpy.

Scoop into jars.

(It make thicken overnight).

Never dip your fingers in the gel. Scoop gel with a clean spoon.

Apply to face and leave on for 20-30 minutes.

It is sticky, so wipe it off gently with a microfiber cloth.

Keep the gel in the fridge to give it a stronger tightening effect.

It should last from 6 months- 1 year.

Soothing Clay and Oat Mask Formula

Ingredients

Tapioca Starch - absorbs oil/sebum - 40%

Green clay- Absorb oils, cleansing 26%

Oat Flour - Cleansing, calming, 25%

Marshmallow root powder or chamomile flower powder,
well ground. Anti-inflammatory (soothing) 5%

Aloe Leaf Juice Powder - Aloe vera powder 200:1 2%

Ascorbic Acid Vitamin C Antioxidant 1

Roman chamomile essential oil 1%

1. Instructions

2. Work in a well ventilated room and wear a face mask to prevent inhaling the powders.
3. Weigh each ingredient into either a pestle and mortar or a coffee grinder.
4. Crush the herbs to make it easier to disperse when combined with water during use.
5. Once each ingredient has been added, combine until the powder is uniform in size.
6. Using a funnel, carefully pour into your chosen packaging (such as a glass jar or bottle).
7. Find a label. Name Your Product and Provide User Instructions.

