



Relaxing Oatmeal Facemasks

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The perfect base for a hypoallergenic and lactose free facemask? Oats!

Oats make for a great purifying, relaxing and moisturising facemask. Simply pair with your favourite scents or herbs to personalise your own home-spa experience. And the best thing? You probably already have some in your cupboard!

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Ingredients:

- Cup of oats
- Juice of one lemon
- Lavender (or herb of your choice)
- Honey
- Flour
- Water (or milk / yoghurt)

Optional:

- Cucumber for your eyes!
- Your favourite essential oil

1. Mix your cup of oats in with a sprinkling of flour, the lemon juice and water
2. Slowly add in water until the mixture forms a paste which is spreadable, but not runny
3. Use a pestle and mortar (if you have one), to crush your lavender or choice of herb slightly. This will release the natural benefits of the plants
4. Mix in your lavender or herbs, along with one teaspoon of honey into the oat mixture
5. Once you are happy with the consistency of the mixture (adding more water or flour to adjust accordingly), you can apply immediately to your face, avoiding the eyes and mouth
6. For a more refreshing home-spa experience, pop the mask in the fridge for 10 minutes or so, and then apply as above
7. Add your favourite essential oil to the mix to personalise the mask, and pop slices of cucumber over the eyes, for ultimate relaxation!