Instructions: Mix one level spoon of dry mask with one tablespoon of boiling water in a small bowl or cup, mix well. Allow to cool then add one compressed cotton mask. Unfurl mask and apply to face. Leave on for 10-30 min.

Ingredients:

The first 4 herbs are a special formula called Si Wu Tang which has been clinically shown to reduce wrinkles.

**Shu Di Huang** nourishes the skin and benefits the face.

**Dang Gui** promotes circulation to the face and skin.

**Bai Shao** has a tightening and nourishing effect on the skin, also prevents stress and premature aging.

**Chuan Xiong** protects the skin from radiation, antibiotic.

**Fu Ling** reduces puffiness on the face.

**Tao Ren** moisturizes dry parched skin and addresses inflammation and dry skin issues like eczema. Also used for burns, wounds, abscesses and boils.

**Huang Qi** raises the Qi to treat sagging skin and muscles.

**He Shou Wu** smoothes out and moistens dry wrinkles, brightens the complexion, treats urticaria, as well as eczema, burns, and toxic boils on the body.

**Hong Hua** promotes facial circulation and encourages a rosy, glowing complexion. It treats skin issues such as eczema, burns, skin ulcers, painful wounds, injuries, erethema and rosacea.