

DIY HOME SPA RECIPE

Face Mask Ritual

NOURISH • HYDRATE • RENEW

Treat your skin to this simple, natural face mask that helps hydrate, purify, and restore your natural glow. Made with gentle, skin-loving ingredients, this mask is perfect for all skin types and easy to make at home.



INGREDIENTS

- ♥ 2 tablespoons plain yogurt (soothes & hydrates)
- ♥ 1 tablespoon honey (antibacterial & moisturizing)
- ♥ 1 tablespoon mashed avocado (nourishing & softening)
- ♥ 1 teaspoon oatmeal (gentle exfoliation)
- ♥ 1/2 teaspoon green tea powder (antioxidant & reduces puffiness)
- ♥ 3-5 drops lavender essential oil (calm & balance) (optional)



HOW TO MAKE IT

- 1 In a small bowl, mash the avocado until smooth.
- 2 Add the yogurt, honey, and oatmeal. Mix well.
- 3 Stir in the green tea powder and essential oil.
- 4 Mix until you have a smooth, creamy paste.
- 5 Use immediately for maximum freshness.



HOW TO USE IT

- 1 Start with clean, dry skin.
- 2 Apply an even layer to your face, avoiding the eye area.
- 3 Relax and leave on for 10-15 minutes.
- 4 Use this time to breathe deeply and unwind.
- 5 Rinse off with warm water.
- 6 Gently pat your skin dry and follow with your favorite moisturizer.



BENEFITS

- ♥ Hydrates and softens the skin
- ♥ Helps soothe irritation and redness
- ♥ Gently exfoliates dead skin cells
- ♥ Helps reduce puffiness
- ♥ Promotes a healthy, radiant glow
- ♥ Balances and nourishes skin
- ♥ Supports clearer, smoother-looking skin

GRANDMA WENDY'S TIP

Make self-care a ritual, not a rush. Light a candle, play soft music, and enjoy your mask time. Your skin will glow when your heart feels calm.



PERFECT FOR

- ♥ A weekly self-care ritual
- ♥ Before special events
- ♥ Whenever your skin needs a reset
- ♥ Relaxation and me-time

You deserve this time for YOU!



"Your skin is a reflection of how well you love and take care of yourself."

With love,

Grandma Wendy

TheLadybugSpa.com

