



Winter Face Mask

This antioxidant-rich mask will leave skin soft and glowing with natural health.



Ingredients

Organic Cocoa Blend – 1 heaped tsp *
Organic Virgin Coconut Oil – 1 tsp *
Organic Argan Oil – 1tsp *
Ripe Avocado – half
Ripe Banana – half

Directions

1. Blend the ingredients
2. Apply to the face, avoiding the delicate eye area. Relax for 10 minutes
3. Remove with warm water and a clean Organic Muslin Face Cloth
4. Pat dry and follow with your regular skincare routine

*Ingredients available from Neal's Yard Remedies Organic range, click here to view:
<http://uk.nyrorganic.com/shop/sharoncole/area/shop-online/>

Recipe by Suzanne Colston-Lynch, Head of Training and skincare expert.