



Cleansing fibre face mask recipe

A super nutritious probiotic face mask for all skin types that you can enjoy making at home.



Ingredients

*[Organic Fibre Blend](#) – 1 scoop

Cleansing

*[Organic Beauty Oil](#) – 2 teaspoons

Replenishes skin's natural oils

Avocado – half a fruit

Naturally nourishing

Raw honey – 1 teaspoon

Beautifully moisturises skin

Live yoghurt – 2 dessertspoons

Probiotic for skin health

Organic oats – 1 tablespoon

Softens and soothes

Directions

1. Blitz all ingredients together in a blender until smooth
2. Use immediately, applying to cleansed, dry skin
3. Leave on for 5-10 minutes
4. Rinse well with warm water and pat dry
5. Keep refrigerated and use within three days

* [Contact me](#) or visit my [online shop](#) to purchase these ingredients