



A recipe for your own cooling eye compress

Great to soothe, cool and refresh the delicate skin around the eye area, this compress is perfect for revitalizing winter skin or just after busy day of activities.



Ingredients:

- Rehydrating Rose Toner* - 20ml - Balances and refreshes
- Eyebright Herb Infusion - 10ml - Helps soothe the eye area
- Aloe Vera Juice - 1 tbsp - Help soothe and cool the skin
- White Tea Toning Eye Gel* - 1 pump - Cooling, soothing and refreshing
- Cucumber - 1 inch

Directions:

1. Mix the ingredients well in a blender
2. Chill in the fridge for 10 minutes
3. Soak cotton pads in the mixture
4. Pop the pads onto closed eyes
5. Relax for 10 minutes
6. Remove the cotton pads and apply White Tea Toning Eye Gel straight from the fridge

Recipe by Suzanne Colston-Lynch, Head of Training & skincare expert at Neal's Yard Remedies

*Available via my website [click here](#)