

Cinnamon-Nutmeg-Honey Face Mask



This Cinnamon-Nutmeg-Honey face mask is used to treat pimples, bacterial activities, swellings, scars. It rejuvenates, moisturizes and provides a youthful glow to your skin. It softens the appearance of wrinkles and fine lines.

Ingredients:

- Cinnamon powder
- Nutmeg powder
- Honey

Properties:

Cinnamon – has antiseptic properties, which reduces the bacterial activity on your skin to prevent pimples and help dry out existing ones. It also stimulates and revitalizes the skin by helping the blood flow, leaving your skin healthy and glowing.

Nutmeg – an antifungal, antibacterial and anti-inflammatory ingredient, which exfoliates the skin to reduce blemishes and old scars.

Honey – antibacterial properties of honey benefit skin by reducing breakouts of acne and pimples. It is also a natural moisturizing agent and keeps the skin hydrated and smooth.

Note:

Not all skin types are the same and therefore each react differently. Test on a small patch of skin before applying to your entire face.

Instruction for use:

Wash your face with lukewarm water and mild soap.

Take a small amount of the Cinnamon-nutmeg-honey face mask and use your fingers to gently apply the paste on your face. Avoid contact with your eyes.

Do not rub the mask on your face, it is not meant to be used as a face scrub.

Keep the mask on for about 15 to 30 minutes.

A slight tingling/burning sensation is normal.

Rinse face with lukewarm water and pat dry.

Moisturize your face with coconut oil or with the moisturizer of your choice for softer skin.

Repeat 2-3 times/week for best results!

