

Homemade Skincare



For those of you ready to experiment something new, we've put together a selection of great **face masks for oily skin** and acne that you can prepare at home. Plus, they're natural, so you don't have to worry about the ingredients.

Sometimes you don't have the necessary budget to book a salon appointment so you have to be inventive.



Banana, Strawberry, Kiwi, and Honey Face Mask

Our first suggestion when it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your

complexion with a washcloth.



Cucumber, Egg White, Lemon and Clay Mask

This mask is just perfect for cleansing clogged pores.>As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white, $\frac{1}{2}$ teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.



Strawberry and Yogurt Facial

You should know that the yogurt will help exfoliate your acne prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.



Homemade Juice Mask

Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and a warm cloth.



Oatmeal Face Mask

For this mask you'll need 1 tablespoon of honey, some oatmeal and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.



Apricot, Yogurt and Clay Mask

This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients: $\frac{1}{2}$ teaspoon of clay, 1 apricot and 1 tablespoon of

yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.



Turmeric and Yogurt Face Mask

Ingredients: 2 tablespoons of rice flour, $\frac{1}{4}$ teaspoon of turmeric powder and $\frac{1}{2}$ cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterwards apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.