

# **The Power of Face Reading your face never lies Part 1**

**The Power of Face Reading  
your face never lies**







This post on week 349 is about one of my favorite and most fascinating subjects I have studied. When I lived in China I was introduced to Face Reading and anytime I could I would go to learn from the readers Wow, it is like they know your whole story and of your ancestors as well. A well tuned professional face reader can describe you and your ancestors

so well that it may make you feel that he or she has been involved in your life on a daily basis. It is amazing. The accuracy and finesse of the system.

You may know someone who people adore. Most likely this person isn't wrinkle-free and doesn't have perfect features according to the general model of what is perfect, this is the blueprint of our feelings and our life mapping our experiences, the day to day history of our lives, I notice when people get plastic surgery in a few months people started to go back to how they looked before, that inspired me to do some research on the source about this fact and I remember my studies on Face Reading and Bingo!! there it was we make all these lines and formations on our entire body, not just the face. Droopiness and all those details that we start resenting and disliking, but if we get to know why it is happening our perception shifts to the understanding that if we made it happen we can change it, Chinese medicine teaches all the organs involved in Skin, Muscles, and basically the whole body, and how we are fully interconnected, I notice that when I teach this subject in my classes people are very surprised. It is amazing to me that most people don't have a conscious relationship that we are fully connected to our mind, body, and spirit. For the most part, everyone is running around so fast and the common denominator is I don't have time!!!! So when we are in our heads all the time it is no wonder we feel that we get up and function all day with just our head and nowadays with the phone being attached to it. Well, dear readers that definitely is not it and if you wish to change your physiognomy and get to know more about the people you deal with in a daily basis and even the ones you don't know this post can give you a very accurate mapping, I love to be able to understand how my whole system works and many miracles happen in our bodies minute to minute. Please enjoy and share so many people can benefit from it.

# Face Reading With Joey Yap



She was a perfect sample of the radiance,

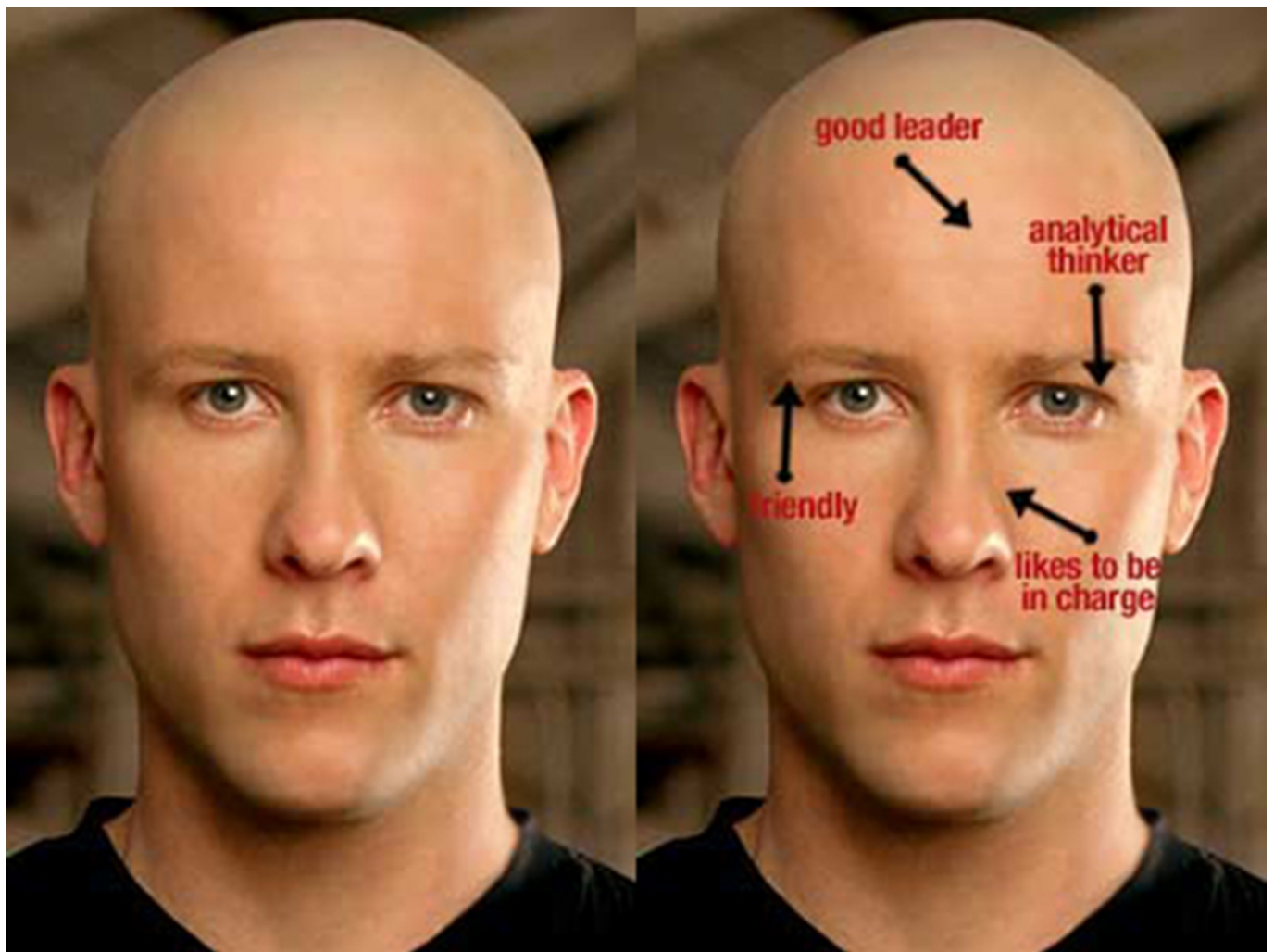
## **kindness, and compassion that read through her beauty.**

Yet when he or she walks into a room, everyone's heart just soars and is turning head time. What they are responding to are the information that radiates out from that individual's face and body language. When people are living according to their true nature, everyone finds them beautiful.

With that being said, here we are posting a few facts about face reading there is so much more to it, we will continue to share with you in the future, here you can research more with the links provided.

## **What certain areas of the face mean**



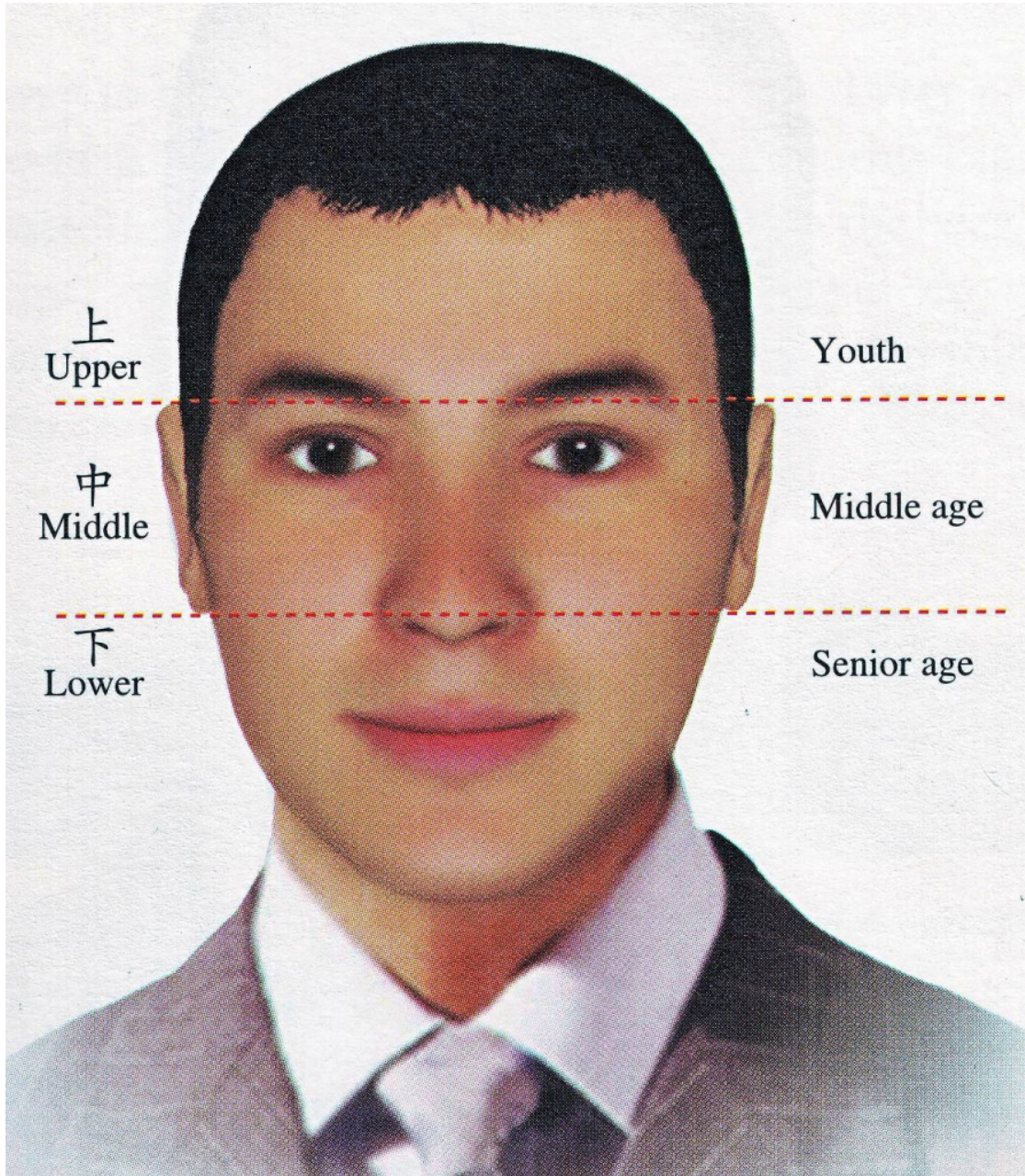


From <http://english.eastday.com>

Chinese face reading is as relevant today as it has been in the past and its use is definitely cross-cultural. We all have

a blend of elements and all faces reflect part of our nature pattern. Face reading first started in China during the 6th century BC, it was not affiliated with any religion. It is thought that they were probably Taoist shamans from rural areas such as Szechwan who specialized in non-traditional arts. By 220 BC, the art of face reading was established in Chinese life and classic tales, such as the Golden Scissors and Bamboo Chronicles, were written at this time.

Also, there were professional face readers during this time that combined the roles of priests, astrologers, and counselors. They were well-educated men with great compassion for humanity. The Chinese simply understood the concept that the face represents the story, energies, health, and fortune of a person so to live in harmony with the prevailing energies of the five elements, yin and yang, and the seasons they dedicated much time to the study of Face Reading. This wisdom has seen a huge resurgence in the West during the past 20 years with the growth of acupuncture, Chinese herbal medicine, Feng Shui and Qi Gong.





Mental

Emotional

Physical



**Apollo ~ Sun ~ Fire**  
Resolute Stubborn  
Suppressed Emotions  
Physical - Volatile  
Closed Minded



**Jupiter ~ Ether**  
Determined Reliable  
Humanitarian  
Idealistic - Steadfast  
Self reliant



**Neptune ~ Moon ~ Water**  
Affectionate Happy  
Nurturing  
Mothering - Generous  
Manipulative

Mental

Emotional

Physical



**Mars ~ Earth**  
Practical - Physical  
Earthy Passion  
Steadfast - Reliable  
Gets Things Done



**Venus ~ Water**  
Sensitive - Flexible  
Warm- Idealistic  
Caring - Creative



**Mercury ~ Air**  
Intellectual - Quick  
Open Minded  
Organiser - Persuasive  
Restless

Mental

Emotional

Physical



**Saturn ~ Fire ~ Earth**  
Volcanic Determined  
Introverted  
Earthy Passion  
Intuitive - Cautious



**Uranus ~ Water ~ Ether**  
Strong-Minded  
Sensitive Flexible  
Compassionate  
Understanding



**Pluto ~ Water ~ Air**  
Emotional Sensitivity  
High Aspirations  
Mentally Active  
Needs Grounding

## The Principles of Face Reading: Chart from The Joey Yap Store

The starting principles of face reading that we are here discussing are the cosmic energies of the five elements and yin and yang. The elements are clear symbols and they represent qualities of energy within each person that are reflected in the face. A very elaborate physical, psychological and emotional profile can be constructed, incorporating the energies of the features, the life points of the face, the three divisions from top to bottom (forehead, midface and lower face) which show the nervous, circulatory and digestive systems and the facial zones which represent the internal organs is pretty accurate to say the least.

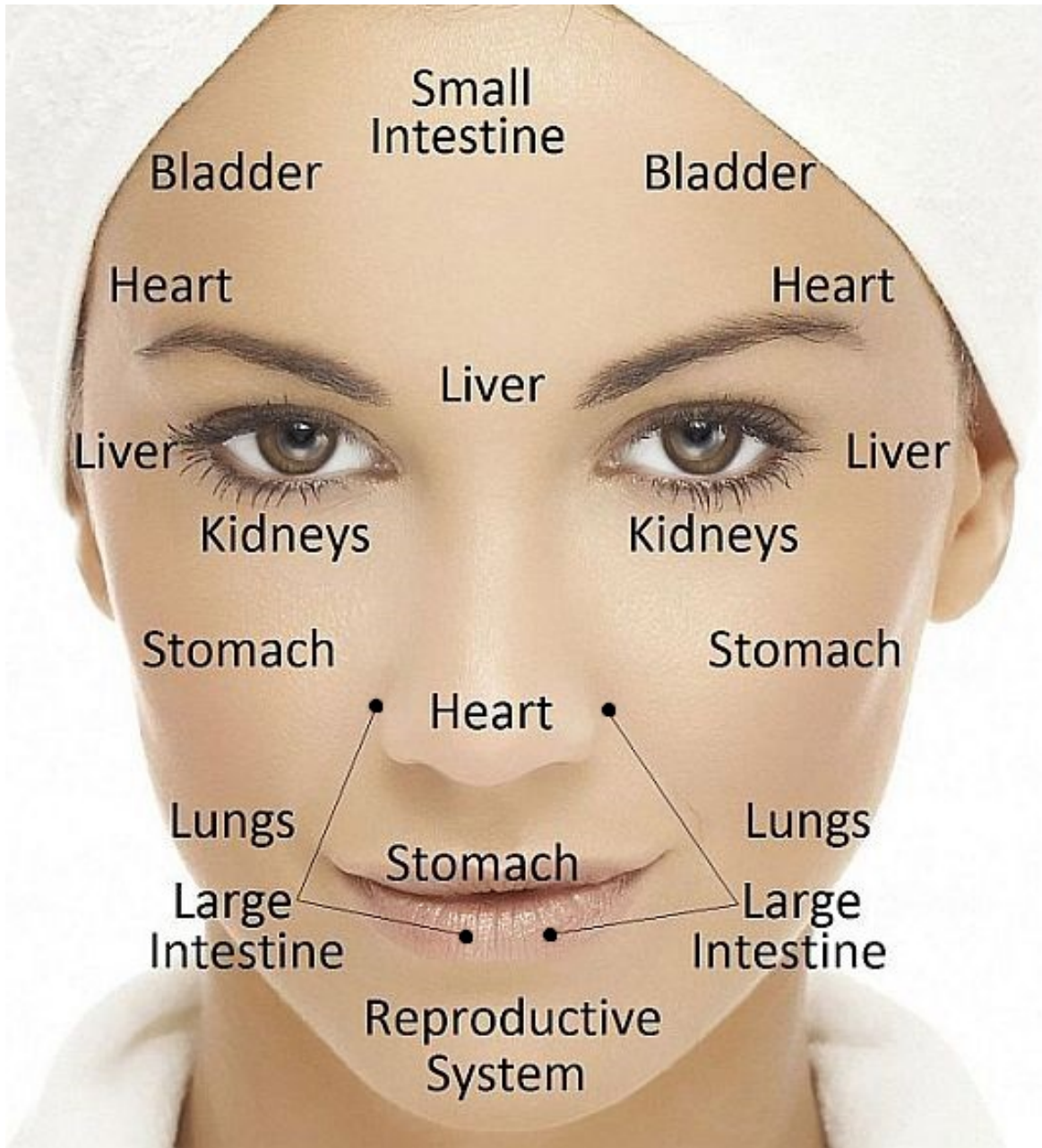
Each individual face is a map of the past, present, and future. The past is described as our inherited constitution, starting with our mother's pregnancy, our childhood, and adolescence, with each difficulty or every support in the family, and our very early years as we start out in the world. The present reflects our health at the precise time of the reading.

Coco Chanel said: Inappropriate diet, persistent negative emotions, drugs, toxins, and stress all contribute to lines, congestion, and colors on the face.

With that said the facial zones affected are related to the internal organs under stress like the rest of our physical

wellbeing. In the same way that the feet are a microcosm of the whole body in Reflexology, so the face shows the inner health status and the person behind the persona. The future is not predestined in the Chinese philosophy: acts of compassion can definitely lengthen one's life, and taking greater care with health can resolve possible future challenges. Sometimes destiny and the ups and downs of life can be improved by facial surgery? Correcting squints help one's fortunes during the years 35-40. However, nose jobs, which expose the nostrils and shorten the nose can affect the end of the 40s by creating many physical challenges.

## **Our Face and the areas representing our organ connection**



**Here are some examples of various shapes and qualities of face reading:**

## **What Eye Shapes Mean**









### **One White Eyes**

Center-focused eyes. Grandfather was someone of authority. Does not bode well for physical health, especially the heart.



### **Lower Three White Eyes**

Belong to celebrities or those with social standing. Tend to be snobbish and arrogant. Are afraid of heights, and prone to legal disputes.



### **Big Eyes**

Typically passionate characters, generous and not calculative. Proactive and easily adaptable, and more in tune with the senses.



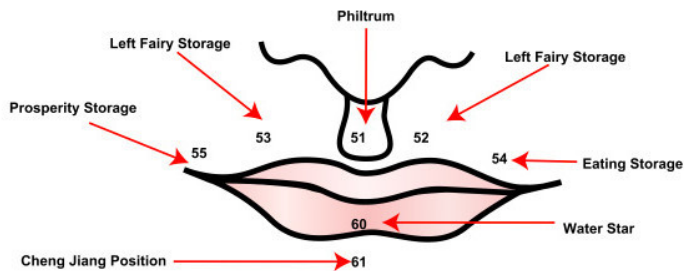
### **Big and Round Eyes**

Have expressive talents. Tend to trust people easily, and typically easy communicators who constantly need love.

# What Mouth Shapes Mean

JOEY YAP'S  
FACE READING REFERENCE CHARTS

**Mouth** 嘴



**Wide Mouth**

Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.



**Small Mouth**

Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.



**Upper Lips Thick / Protruding**

Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love



**Lower Lips Thick / Protruding**

Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



**Thick Lips**

This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.



**Square Mouth**

Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



**Round Mouth**

Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.



**Reverse Boat Mouth**

Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.



**Pearl in the Sea**

The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.



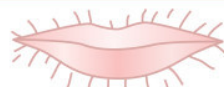
**Smiling Mouth**

Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.



**Crooked Lips**

May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.



**Lined Mouth**

The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.

# What Face Shapes Mean

Charts from [The Joey Yap Store](#)

## Round Face:

These shapes of faces are known as water-shaped faced people. They have a plump more round and fleshy face. They are known to be sensitive and caring. And the individuals that possess them are thought to have strong sexual fantasies. If you are looking forward to a long-term and stable relationship, these people are proved to be the right choice.

## Oblong Face:

The long, thin face is called in Face Reading the wood shape face. These people may have a more muscular or athletic physique. They are thought to be very practical, methodical and tend to be more overworked for the most part. They have weighed along with narcissism and most likely have problematic relationships.

## Triangular Face:

These shape types are usually related to a thin body and with a definitely intellectual persuasion. They are considered to

be very creative and thought to have a very fiery temperament according to Chinese face readers.

## **Square:**

These types of faces are known as the metal shape face. These people are thought to have an intelligent, highly analytical, and decisive mind. The face shape is associated with an aggressive and dominating nature personality.

## **Rectangular Face:**

Here these types of faces signal some variety: they tend to dominate but with less force, often they get their way in politics, business, sports, being always balanced, sometimes ambitious, sometimes melancholic is a very large range.

## **Oval Shaped Face:**

Expresses a character is somewhat balanced, sweet, even charming, in which case those individuals are often best diplomats, but also able to duplicate, women are often outstanding artists. Sometimes they can be dangerous, but temperamentally very are weak, and also often they are weaker in physical strength, in many cases underactive.

# **Face Shape and Profile**

## **The Broad face shape:**

Having a broad face shape means that the height and width of the face are very close to each other in length. People with a broad face are confident by nature unless for an unforeseen reason he has lost his self-confidence somewhere throughout his life. When we talk about confidence by nature, what we mean is that he's usually secure and confident about doing things for the first time; meaning he's fine with new experiences. This type of person has got good influencing abilities; he usually has a relatively larger space distance between his eyes (and has a very high tolerance) because of his broad face. This type of person may not be interested in small details but would be rather interested in the bigger picture or the full view. For example, when telling him about a car accident, don't bother telling him about the car colors because he wouldn't be interested in the details are not important to him, he may not be even interested in the car types involved he wants to get to the point. From these qualities, we conclude that someone like that would make a good manager; that's why you would notice how most managers are of the broad-faced type.

## **Thin face Type:**

The thin face is very easily noticed because it appears to be longer than most normal faces. People with thin faces have faces that are much higher in length than in its width. A thin-faced person is more confident by experience and not by nature, which means that when trying something new, they may feel afraid or anxious. If they have a small eye distance too, then they may be interested in small details. The main challenge concerning thin-faced people is fear; fear is a very



big part of their lives and this may make them stick to a certain comfort zone and curb their adventurous side completely.

## Round face:

People with round faces are very friendly by nature, and they like social gatherings and for the most part, provide a nice company. When intending to ask for help, try to choose the round-faced type because they may be friendlier than the other people around.

Thank you for your visit are so very grateful for the time and attention you put into, please share so other people can benefit, check-in for part two.

Much love, and gratitude from all of us at Isabel's Beauty Blog

---

## DIY Skincare Recipes

# DIY Skincare Recipes



On week 348 we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided into three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and in Chile, Doctors practiced in a very different manner for the most part and by that, I mean western medicine combined with Homeopathy and herbology so for me, I always use what I felt at that moment had its place for whatever need. Two-thirds of the world's population live in countries that have inadequate resources to access modern medicine so I found that the reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember to consult with your health practitioner, have fun and enjoy.

# Use of Turmeric to correct hyper-pigmentation



Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin. Leave it for ten to fifteen minutes and wash off. Do this for a few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and antioxidant that helps skin challenges such as this.





## 4 Amazing Conditioners You Can Make At Home

[www.naturalhairkids.com](http://www.naturalhairkids.com)



### Honey Conditioner

**Ingredients:**

1/2 cup honey  
2 tablespoon olive oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. In a bowl, mix honey with olive oil. Heat mixture in microwave for 30 seconds. Apply to hair, then cover head with shower cap for 15-30 minutes. Rinse out with conditioner and style as usual.

### Avocado Conditioner

**Ingredients:**

1 avocado (peeled)  
1 egg yolk  
1 tablespoon jojoba oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients together in a bowl until smooth. Massage mixture into scalp and hair. Leave in for 20 minutes. Rinse out with conditioner and style as usual.

### Banana Conditioner

**Ingredients:**

1 banana (peeled)  
1 egg  
4 tablespoons milk  
5 tablespoons olive oil

**Directions:**

Make sure your child's hair has been thoroughly shampooed. Mix all the ingredients in a blender or food processor. Apply the mixture to your hair- from root to end. Let soak into your hair for about 15- 30 minutes. Rinse out with conditioner and style as usual.

### Coconut Milk Conditioner

**Ingredients:**

1 cup coconut milk  
1 peeled and mashed avocado  
1 tbsp of honey

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients in a small bowl. Either apply mixture directly to hair, or preheat mixture in microwave for 30-45 seconds. Massage mixture into hair and scalp. Cover hair with a shower cap for 15 min-60 min. Rinse out with shampoo/conditioner and style as usual.

# Anti-Wrinkle treatment for ideal skin



Whisk the tomato juice with an equal amount of milk. Store this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home aid for Skin Care.

# Honey and milk



For dull and dry skin: Honey and milk are soothing and



nourishing for skincare. These are the things that come straight from the breakfast table. One can apply our traditional moisturizer to the skin. It not only lightens complexion but also helps keep skin healthy and moist, aside from the Lactic acid in the milk helps the skin with a light resurfacing. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.

## Malai



Malai is an Indian cooking ingredient. It is made by heating non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high-fat content. Buffalo milk with fat contents varying from 5 to 12% is heated and boiled and then allowed to cool up to 4 degrees Celsius for best results. Similarly, cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.

## **The banana-honey face pack**



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

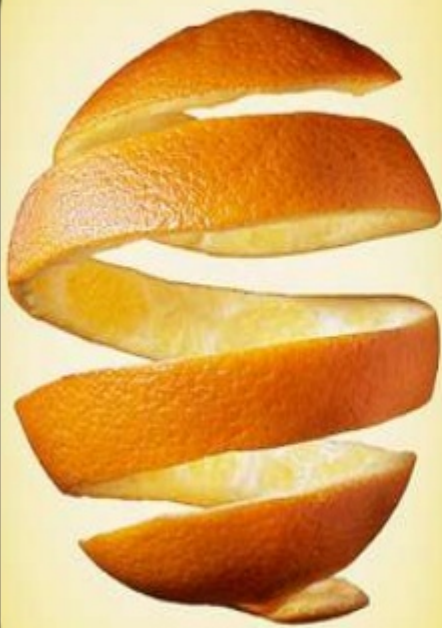
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

gives it a supple feel.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg), and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also gives it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil, and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

## Orange Peel



- Peel the orange and let its skin dry in sunlight for some days.
- Grind it in the mixer-grinder and apply the paste on the face.
- Let it remain for 10 minutes and rinse.
- See the glow and freshness on the face!

## Cucumber







Cucumber cleanses the skin and helps to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes



# Lemon Juice



Lemon Juice – □The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to dilute lemon juice for this purpose. Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with water.□ Do not expose the skin to sunlight after applying lemon juice.

## Home made beauty tips for glowing skin

### Ingredients :

A pinch of Turmeric powder  
Milk cream (thick layer formed on  
top of milk after cooling)

Honey

Take milk cream, a pinch of turmeric powder and add few drops of honey. mix it well till it forms a thick paste, Apply the paste as a thin layer on your face and let it dry for 20 minutes. This will result in skin glow.



# Avocado-Honey Moisturizer



According to:  
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a

temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

## Cornstarch



You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chickenpox or itchy rashes. Make a paste and apply to skin let it dry and remove with a wet warm cloth and apply Aloe Vera Gel. Sprinkle a handful in the bathtub and have a soak, if you can, do not rinse, pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.



# Oatmeal



Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin.



Oatmeal is also used as a folk remedy for treating dry, chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

## Home made beauty tips for soft hands

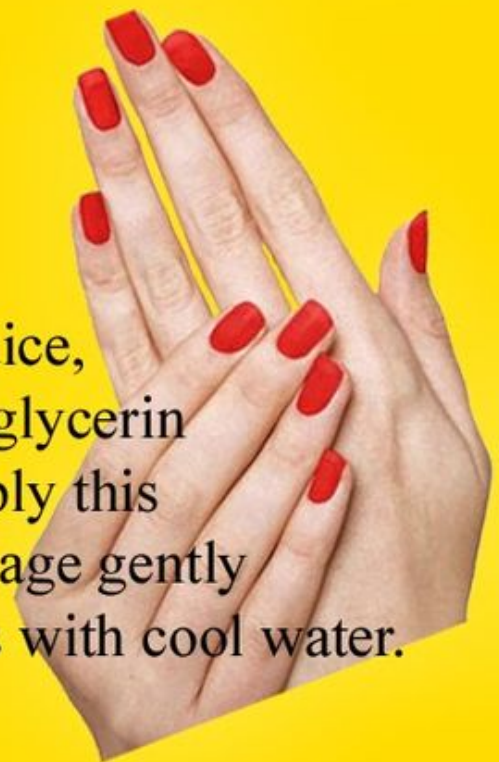
### Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.



# Mayonnaise



Mayonnaise straight from the jar will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after-wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame, or sunflower oil.

A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.

## Teabags



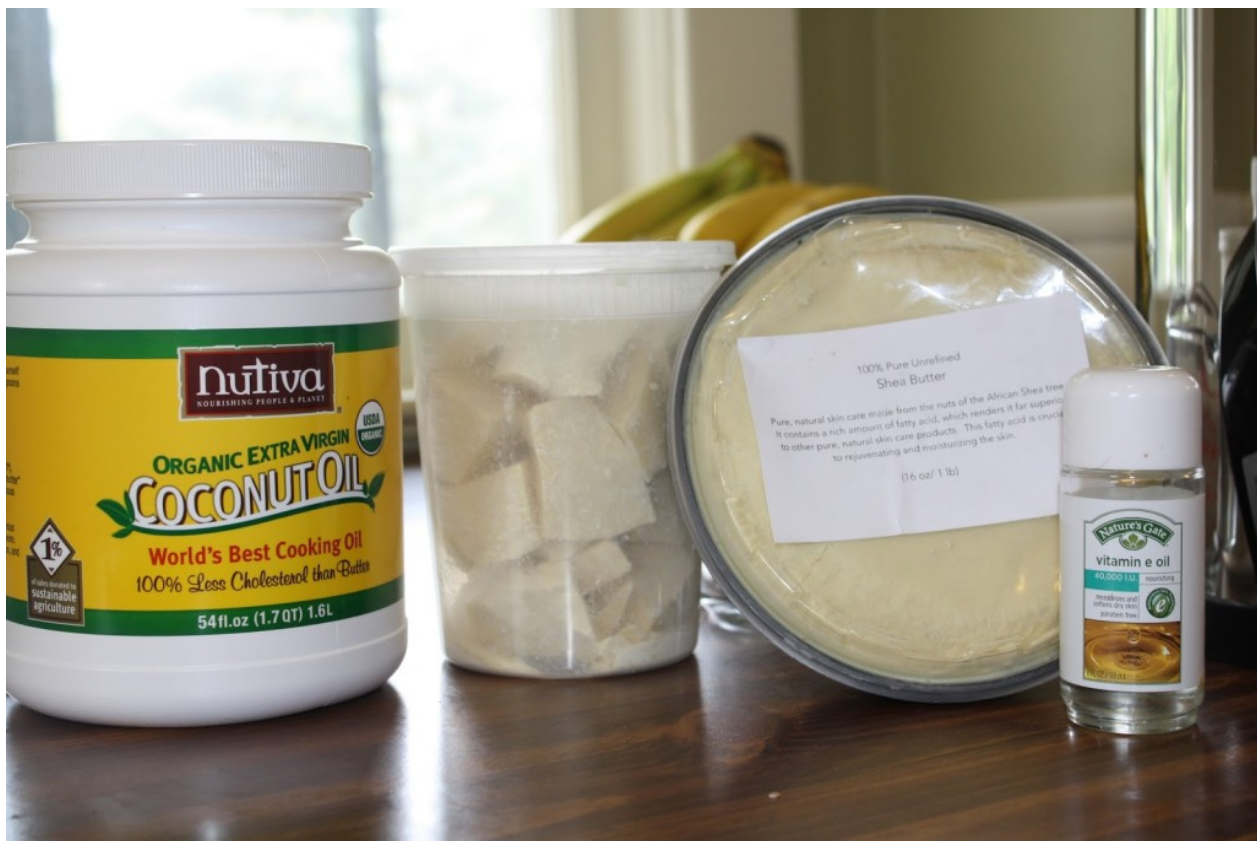
Puffy, tired-looking eyes?

Used tea bags make excellent eye cosmetic After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling, and irritation will disappear like magic.

**Bug Off Citrus Butter**







One

way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

10 drops Citronella essential oil 5 drops orange essential oil



Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. once the mixture is chilled, use your mixer or hand mixer to whip it to a smooth consistency.

## Sweet Chai Tea Bomb



At last the soothing comfort of spicy Chai Tea for you for your bath! You got to love it, don't you agree? YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be too much for sensitive people so use a very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

1 cup of Citric Acid  
2 cups baking soda  
3 tablespoons kaolin clay  
1/4 cup organic brown sugar  
3 tablespoons sweet Almond Oil  
2 tablespoons Organic tea powder  
2 tablespoons honey  
10 drops or less for sensitive skin do a patch test when the full mixture is done  
5 drops vanilla essential oil  
Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Add the sweet Almond oil, honey, and the essential oils to a mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.

# Banana, Strawberry, Kiwi, and Honey Face Mask



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 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 afterward apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.

