

Facial Masks

Masks should cleanse and tighten the skin, promote circulation, and generally invigorate the skin. Their effect is very intense if you use Fuller's earth or clay; for this reason, a gel mask is preferable for sensitive skin.

Masks are especially beneficial for oily and blemished skin. Avoid applying to the area around the eyes, because the skin here is too thin and would be strained and dried out by a mask. Leave the mask on the face for approximately 20 minutes, or until completely dry. Then remoisten thoroughly and carefully wash it off, using a damp washcloth or facial sponge. Rinse generously with much warm water afterward.

After rinsing, a refreshing facial water may be applied, but *no* cream or oil, so that the skin can breathe. Masks are best applied in the evening, since the skin is particularly receptive to nutrients at that time. Use this time to relax, you may try letting the mask work while soaking in the tub, for example.

The most important ingredient of the classic mask is [clay](#). It works like a magnet, pulling dirt and toxins out of the skin. Clay contains valuable minerals such as iron, magnesium, zinc, potassium, calcium, and silica acid. Any of the following ingredients may be added to it:

[Almond oil](#): Regulates skin moisture, for very dry skin.

Aloe vera: Healing, beneficial to skin, rejuvenating for all skin types.

[Avocado](#): Nutritive, for dry, normal, sensitive, and mature skin.

Egg white: Nutritive, for sensitive skin.

Egg yolk: For dry skin.

Flower water: Astringent, toning, soothing for irritated skin, for all skin types.

Glycerine: Regulates skin moisture, oily skin.

Honey: Regulates skin moisture, nutritive, smoothing, removes dirt, for all skin types, particularly blemished, dry, or sensitive skin.

[Jojoba oil](#): Regulates skin moisture, healing, for all skin types, for acne.

Lemon: Refreshing, reduces fat, cleanses, for tired skin.

Wheat germ oil: For mature skin, wrinkles, dry skin.

Witch hazel solution: Astringent, soothes irritated skin, for all skin types.

Yogurt: Nutritive, regulates skin moisture, for acne, sensitive, oily, or pale skin.

Follow these guidelines for the use of essential oils to promote skin care and healing effects in the particular skin type being treated, add 4 drops of [essential oil](#):

Normal skin: Lavender, Bergamot, Rose, and Jasmine.

Acne: Thyme, Camphor, Juniper, Tea Tree, Lemon, and Bergamot

Sensitive skin or red, broken veins: Lavender, Roman chamomile, and Rose

Dry skin: Carrot seed, Rose, and Sandalwood

Mature skin: Frankincense, Patchouli, and Cypress

Oily skin and Oily seborrhea: Rosemary, Camphor, Eucalyptus, Juniper, and Frankincense



Application Procedure:

Prepare a mask by putting 2 to 3 tablespoons of clay in a small bowl. Then add the fruit pulp, yogurt, honey, essential oils and liquids to make a paste that can be applied to the skin. If the paste is too thin, gradually add more clay. Here are the recipes:

For Normal, Dry, and Sensitive Skin

- 2 tbsp. clay**
- 1 tsp. honey or avocado oil**
- 2 tsp. water or jojoba oil or aloe vera**
- 2 lavender**
- 2 bergamot**

For Acne, Blemished Skin

- 2 tbsp. Clay**
- 1 tsp. yogurt**
- 2 tsp. jojoba oil or water**
- 2 juniper**
- 2 bergamot**

For Mature Skin

- 2 tbsp. Clay**
- 1 tbsp. Honey**
- 2 tsp. water**
- 2 frankincense**
- 2 neroli**

For Oily Skin

- 2 tbsp. Clay**
- 1 tsp. lemon (fruit pulp)**
- 1 tsp. honey**
- 1 tsp. water**
- 2 juniper**
- 2 camphor**