

# Tacoma Farmers Market Skincare Recipes



When mixing food items for facials, make sure to use sterile utensils and containers.

Wash hands really well so they're clean before applying the skin treatment.

## The First Time Using A Recipe:

- Apply a bit of the prepared mask to the inside of your wrist before using on your face. You want to make sure your skin won't have a bad reaction to it (allergies).
- If your skin begins to feel irritated or burning, remove mask immediately.

## Skin Preparation:

- First step is to apply a warm cloth to your face to open pores, and then apply the facial mask. Wash the mask off with warm water and rinse with cool water (to close pores).



## Smoothing Cilantro-Oat Mask Recipe

### Ingredients:

1/2 cup of oatmeal contains beta glucan, which is a fiber that stimulates skin repair. From reducing wrinkles to protecting against UV damage, oatmeal is a safe bet for your skin.

1/4 cup of milk. The acid in milk helps to soothe skin while moisturizing.

1/4 cup of chopped cucumber, which is great for tightening the skin because its liquid-like consistency can sink deeper into pores and hard-to-reach areas of the skin than many other DIY mask ingredients.

1 handful of fresh cilantro. Cilantro helps to cool the skin.



1. Toss the ingredients all into a food processor (or a blender if you haven't got a food processor).
2. Let the ingredients mix together for about a minute or so.
3. When the mix looks smooth, spoon it out into a bowl.
4. Apply generously to your face and let it sit for 20 minutes or until hardened.
5. Rinse.

Who needs lotions that make your skin 'glow' when you can do it with fresh foods?



## Acne and Oily Skin Facial Mask

This mask is also an excellent blackheads reducer.

### Ingredients:

Lemon Grass, Coriander, Chamomile

### Directions:

Add equal amounts of the herbs (you can also use an herbal tea of each kind!) to a dish. Add boiling water and let it cool for 1 hour. Apply the mask for 20 minutes, while avoiding getting it into eyes, wash with warm water followed by cold water. The mask will clear the pores, make them much smaller and improve the skin texture.

## Facial Mask for Sensitive Skin

### Ingredients:

Calendula leaves (Marigold), Eucalyptus, Aloe Vera leaves

### Instructions:

Mix the herbs (fresh or dry) in boiled water. Let it to cool down completely. Apply for 20 minutes on a clear face and wash with lukewarm water. Use this mask twice a week at most and like all the masks- test it in a hidden place of your skin.





## Dry Skin Facial Mask

### Ingredients:

Calendula (Marigold), Jasmine [tea] leaves, Lavender

### Instructions:

Stir the equally added herbs in a hot water and wait for an hour. Dried herbs are also excellent for this purpose. Apply the mask on a clean skin for 20 minutes and wash gently. All ingredients above will soften the dry skin and nourish it with antioxidants.

## Basic Cucumber mask

(For all skin types)

Yes, the world famous cucumber mask, we can't have a facial mask list without this one. You can use it on all skin types but is especially useful on dry and sunburned skin.

### Ingredients:

Cucumber

### Directions:

Before you start put the cucumber in your fridge for a few hours to let it cool down. Then you can put cucumber slices on the dry skin or grate the cucumber and apply this to the skin.

Another option is to cut the cucumber into pieces and put it in a blender. Mash it up real good... and voila cucumber masks...or drink, or whatever you feel like

Spread the paste gently and equally with your fingertips on your clean face and neck: keep the eye area clear

Now lie down, relax and leave the mask on for 30 minutes

Then wash it off with cold water; pat your skin dry with a clean towel.



## Egg White Mask

This is simple and quite frugal. The mask is supposed to tighten skin and eliminate red spots.

Ingredients:

2-3 egg whites

Directions:

Separate the yolk from the egg whites. Then whip the egg whites until it is nice and frothy. Apply it to your clean face (using clean hands). Leave on for approximately 20 minutes and wash off with warm water.

## Egg Yolk Mask

Egg yolks contain vitamin A which is reported to reduce scarring.

Ingredient:

1 egg yolk

Directions:

To attempt this method of acne treatment, whip up an egg yolk, apply it to your skin for 20 minutes and wash off.



## Acne Tonic with Basil

Ingredients:

2 to 3 teaspoons dried basil leaves

1 cup boiling water

Directions:

Steep basil leaves in water for 10 to 20 minutes. Cool, and then apply to face with a white cotton ball.

