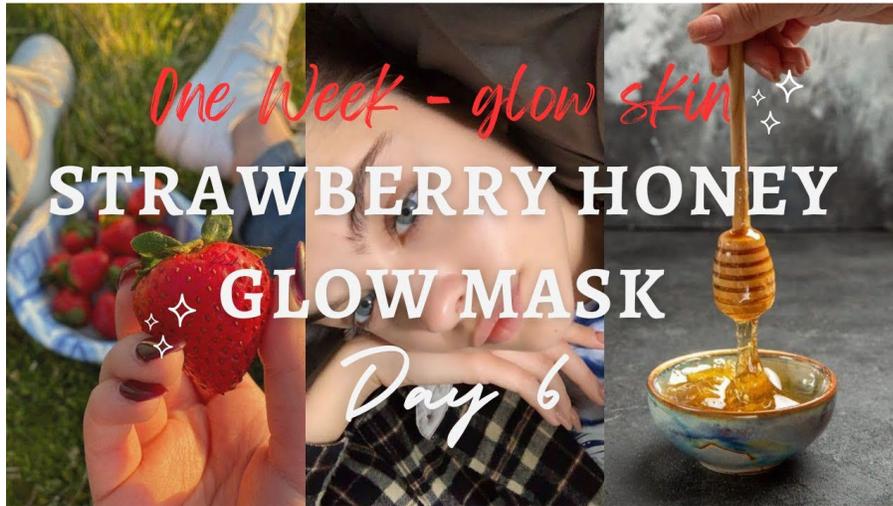


Strawberry Honey Glow Mask



If you are looking to protect your skin against damages from the skin (think wrinkles), this is the face mask for you. This DIY face mask also helps soften and moisturize the skin, with some saying it provides brightening effects as well.

Ingredients:

- 2 – 3 strawberries
- 2 tablespoons honey

Instructions:

- Remove the stems from the strawberries and place in a bowl. Use a fork to mash the strawberries. Stir in honey.
- Apply a layer to the facial skin – lay down for 15 – 20 minutes – and let dry. Turn on some good music or read a good book to pass the time! Once dry, take a wet cloth and gently wipe away.
- Rub on a thin layer of olive oil or coconut oil onto the facial skin for an extra moisturizer, if needed.

Glow-Boosting Turmeric Mask



The wide range of vitamins, minerals and nutrients found in turmeric make it a great way to banish wrinkles before they take over your face! Wrinkles often occur due to a deficiency in certain nutrients or in response to inflammatory precursors — turmeric can help with both, making it one of nature’s great anti-wrinkle creams (when you mix it with something a little less powdery, that is).

Honey isn’t just a delicious natural sweetener; it’s also loaded with vitamins, antioxidants and natural enzymes that help you to nourish your skin either from the inside out or the outside in, depending on whether you eat it or smear it on your skin! Supplying your skin with a steady stream of nutrients is all the more important considering the toxins we expose it to every day.

This combination of turmeric, honey and yogurt reduces inflammation, evens skin tone, and adds a natural glow.

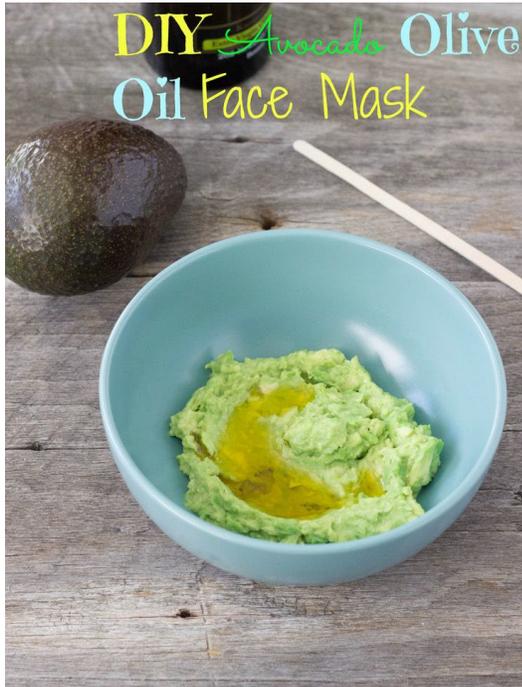
Ingredients:

- 1 tablespoon turmeric powder
- 1 tablespoon honey
- 1-2 tablespoons plain yogurt

Instructions:

1. Combine all ingredients to form a smooth paste.
2. Apply evenly to your face, avoiding the eyes.
3. Leave for 10-15 minutes, then rinse thoroughly.

Nourishing Avocado & Olive Oil Mask



Avocado is already famous in the fitness world, because it is rich in essential vitamins and nutrients. But, not many know it can be extremely helpful, when it comes to skin care as well. It contains powerful antioxidants, omega-9 and vitamins C, B and A, which can prove to be a boon for your dermal health. Moreover, avocados can deeply moisturize the skin, while also combating the action of free radicals. This means that applying avocado on your skin topically can lead to long-term benefits such as reduced fine lines, a delay in signs of ageing, protection from the sun and reduction in acne.

Olive oil, an integral part of the Mediterranean diet, is also known to have positive effects on the skin. You see, it's rich in antioxidants, which can help you delay signs of premature ageing and at the same time, reduces the appearance of fine lines. In addition, it also has antibacterial properties which can protect your skin against breakouts and infections. To top it all, its moisturizing ability is unmatched and can provide your skin with the hydration it needs in order to stay healthy.

Ingredients:

- 1/2 ripe avocado
- 1 tablespoon olive oil

Instructions:

1. Mash the avocado in a bowl.
2. Add olive oil and mix until smooth.
3. Apply to your face and leave for 20 minutes.
4. Rinse with warm water.