NEAL'S YARD REMEDIES

Cleansing fibre face mask

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A super nutritious probiotic face mask for all skin types.

Ingredients

Organic Fibre Blend*
– 1 scoop
Cleansing

Organic Beauty Oil*
– 2 teaspoons
Replenishes skin's natural oils

Avocado – half a fruit
Naturally nourishing

Raw unpasteurised honey
– 1 teaspoon
Beautifully moisturises skin

Live yoghurt
– 2 dessertspoons
Probiotic for skin health

Organic oats – 1 tablespoon
Softens and soothes

Directions

1. Blitz all ingredients together in a blender until smooth
2. Use immediately, applying to cleansed, dry skin
3. Leave on for 5-10 minutes
4. Rinse well with warm water and pat dry
5. Keep refrigerated and use within three days

Recipe by Suzanne Colston-Lynch, Head of Training & skincare expert at Neal's Yard Remedies

*Available via your Neal's Yard Remedies Independent Consultant

NYR Organic