

## Ingredients, Directions & Benefits



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# Avocado Face Mask

## Cheat Sheet



### For Your Avocado Face Mask, You will need:

- Ripe Avocado
- Lemon Juice
- Oats (optional)



lemon juice  
has Vitamin C

### Here's how to prep:

- Cut your avocado open in half
- Remove seed
- Use spoon to scoop avocado
- Mix to a smooth paste in bowl
- Squeeze 1/2 lemon in paste
- Add Oats (optional)
- Mix to a smoothed, even paste

lemon juice  
preserves  
avocado

Avocado  
Face Mask  
is organic

### Directions:

- Use face brush to evenly apply paste to face
- Brush/rub in the paste gently
- Let sit for 15 -20 mins then rinse with warm water

### Benefits:

- Oats help to exfoliate face
- Avocado oil and vitamins nourish and moisturize
- Lemon juice lightens dark spots and & reduces inflammation
- The paste adds moisture to face, thus hydrates it
- Soft, moisturized, hydrated, rejuvenated, glowing face