

DIY Pure Delight Charcoal - Clay Mask

For normal/oily skin and blemishes.

This easy to make facial mask consists of natural ingredients to clean, draw out toxins and moisturize all in one! This recipe uses bentonite clay to absorb oil and give the mask a nice 'slip' feel. Activated charcoal is used to pull out impurities and honey softens the skin. You can use this mask all over your face or on targeted areas only.

This recipe makes enough for two masks, so do this with a friend!

- 1 tsp bentonite clay (or other clay, see tip below)
- 1 tsp activated charcoal
- 1/2 tsp honey
- 2 tsp water

Carefully combine the clay and charcoal in a small bowl with a spoon or whisk. The charcoal can be very messy so go slow. Next add the water and honey and carefully mix until a paste is formed. Apply the mask to your face and allow to dry for about 10 minutes. Rinse thoroughly with warm water and pat skin dry.



Tips:

- *Follow up with a face toner and cream or moisturizer.*
- *Other clays can be substituted such as French green clay, Brazilian clay or sea clay.*
- *Charcoal can stain clothing and washclothes, so be gentle when mixing and rinsing.*
- *Do not store unused portion as there are no preservatives in it.*