

# #essential moments



## DIY Facial Mask

Give your mom the spa treatment she deserves with this DIY Facial Mask. Filled with ingredients her skin and taste buds will love!

**Greek Yogurt:** lactic acid in Greek yogurt exfoliates the skin

**Cocoa Powder:** rich in antioxidants

**Buttermilk:** contains lactic acid that exfoliates and brightens the skin

**Banana:** rich in potassium and helps heal blemishes

**Honey:** helps the skin retain moisture and elasticity

**Lemon Juice:** high in Vitamin B and C

### Ingredients

2-3 tablespoons Greek yogurt	1 teaspoon cocoa powder
1 teaspoon buttermilk	1/4 to 1/2 of a banana (mashed)
1 teaspoon honey	1 teaspoon lemon juice (optional)

### Directions

1. Combine all ingredients in a blender or food processor until it forms a thick consistency.
2. Test the mask on a small portion of your mom's skin to test for allergic reactions.
3. Apply a layer of the mask to her face and allow it to sit for 20-30 minutes.
4. Go the extra mile and give your mom a cup of tea and a book to relax with while she wears the mask.
5. Gently wash the mask off with cool water.



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