

Vegetable facials

healing

1 oz. fresh spinach
(about 3/4 C)

1 T honey

exfoliating & nourishing

1 T carrot juice

1/2 tsp. Real salt
(or other high quality salt)

moisturizing

1/4 of a small cucumber

1/4 of an avocado,
peeled and pitted

instructions

Cook the fresh spinach, squeeze out all the liquid, and then either puree it in a food processor or blender with the honey until smooth. [Because this recipe makes such a very small amount, you may find it difficult to puree it in your blender. In that case, you can just mush it together with a fork and it will work fine.]

Put a little dab on the inside of your arm to test for sensitivity. If your skin is happy, go ahead and spread it thickly all over your just washed face.

Leave on for twenty minutes and then gently wash off with water (no soap!). Moisturize as usual. I like to use walnut oil, coconut oil or almond oil.

instructions

Mix together in a small bowl and apply immediately, rubbing in small, but gentle circles.

Leave it on for five minutes and then rinse. [Check a little on the inside of your arm first to ensure that you won't be irritated by this mix when it's applied to your face.]

Make sure to moisturize when finished.

instructions

Put both ingredients into a blender or food processor and blend until smooth. You can smash both with a fork if you prefer.

Rub onto your face, (making sure you've tested a little on the inside of your arm first), and leave on for twenty minutes.

Rinse off with water only and follow it with just a little natural moisturizer like olive, coconut, walnut or almond oil.



a gentler and happier approach to health