



## Soothing Facial Mask

*Recipe makes approximately 1 facial mask.*

Here's What You Need:  
Ingredients

[French Green Clay Powder](#)  
[Comfrey Root POWDER](#)  
[Chamomile Flowers German POWDER](#)  
[Burdock Root Powder](#)  
[Dandelion Root POWDER](#)  
[VITAMIN E OIL \(Tocopherol T-50\) Natural](#)  
[OPTIPHEN - Preservative](#)  
[Disposable Pipettes](#)

Other Ingredients Needed:

Scale  
Distilled Water  
Stove  
Pot  
Mixing Bowls  
Mixing Spoons  
Oatmeal



## Here's How It's Done : Directions

Phase 1: Clean & Sanitize your work area and all of your packaging materials. It is suggested that you wear gloves, protective clothing, and a hair net while preparing this recipe.

### **Phase 2: Prepare the water:**

A. Measure out 120 grams of Distilled water and place it into a small pot.

B. Place the pot onto the stove top and heat it to at least 180F. Hold the temperature of the water, for 20 minutes. This will kill any bacteria in the water.

Please Note: The recipe only calls for 43 grams of water, but if you don't heat enough water in this step, some will evaporate out, and you will not have enough.

### **Phase 3: Prepare Dry Portion of facial Mask:**

A. Weigh and mix the following together in a bowl: 14 grams French Green Clay powder, 2 grams of Comfrey Root powder, 2 grams Chamomile Flowers powder, 2 grams Burdock Root powder, 2 grams Dandelion Root Powder, and 4 grams finely ground oatmeal . If you notice any clumps, break them up now.

### **Phase 4: Combine the dry and wet ingredients:**

A. Weigh out 43 grams of distilled water. Now, mix your water into your dry ingredients bowl. To this mixture add 1 gram of vitamin e oil and stir well. Keep stirring until all ingredients are fully combined. If you notice your mixture needs a little bit more water to achieve a paste, add this now.

### **Phase 5: To use your facial mask:**

A. Before using your facial mask, make sure that it is not too hot. Then, generously apply it to your face. Allow the face mask to completely dry and harden. This will take about 20 minutes to accomplish. Once the mask is dry, you will notice your face will tighten, and may throb a bit.

B. To remove the soothing facial mask, wash it off with warm water and a wash cloth. Pat your face dry.

**Note:** If you are going to be reselling this product in wet form, we suggest adding 1% optiphen preservative to this formula. Otherwise, use wet face mask promptly after making it, or store any unused wet face mask in refrigerator for up to one week.

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We hope that you enjoy our soothing facial mask recipe!