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# The A “Peel” of Facial Masks

## What Are Facial Masks and How Do You Apply Them

Facial masks are more than just silly tricks that women try to get their “beauty rest.” They are an important part of skin care. It is recommended that you use a facial mask at least once a week. While it is not necessary to go overboard and wear one every night, a weekly facial mask session cannot only help your skin receive moisture, but it can also ease skin disorders. Facial masks can be soothing or energizing, and the actions and rituals often involved with applying a facial mask can be an effective stress reliever.

A facial mask is generally defined as a substance that is applied to the face, much like smearing on cream. It is thick, and often resembles clay. Many masks make use of clay or gel as a base, as these will stay in place when applied, and they are generally harmless to most skin types (although gel is used most for sensitive skin, as heavy clay irritate it). Masks are meant to cover the entire face and then remain in place for a few minutes before washing off. The materials in most masks are safe to be washed down the sink.

Most facial masks include both deep cleaning and moisturizing agents in the mask. This allows the pores in the face to be cleansed deeply, getting rid of oily build up and trapped dirt. This can help reduce or even prevent acne. Additionally, many masks help slough off dead skin. The dead top skin is dull and lusterless. When it is gently removed, the mask brings the top layer of dead skin cells off with it. This leaves younger, healthier cells exposed as the face’s surface. This means tighter skin and a more brilliant complexion. It can also reduce the look of fine lines and small wrinkles to carry out a regular facial mask.

Another reason that facial masks are so popular involves the soothing and relaxing motions associated with applying a facial mask. If you decide to have one applied in for relaxation as well as the benefits it has for the skin on the face, then you can have a very enjoyable experience. In spas, these masks are applied with special techniques and often include a massage. You can give your own face a gentle massage just prior to applying the mask, and if you are systematic about it, you can apply the mask in a way that is singularly soothing.

All masks should be applied to a freshly cleaned face, rinsed with warm water. This opens the pores and allows the mask to do its thing. Warm water is very calming and soothing, and many people find this part of the application to be one of the more enjoyable stages. Apply the mask in a circular motion until it covers the face. This is calming and stimulating at the same time.

Let the mask sit on your face for 15 to 20 minutes (although some are meant to be worn all night). Many women like to lie down and relax. The effect can be enhanced by

the addition of candles or incense and some soothing music. Finally, when it is time to rinse the mask, do so in cold water. This will help close the pores, protecting them against dirt and oil, and also energize your face.

Many people enjoy making their own facial masks from common household products like bananas (for wrinkles), avocados, and honey (antibacterial). Butter can also be used as a remedy for dry skin. Other masks can be created using different types of clays, and different essential oils can be used for different skin types. Fruit purees also have different effects (for instance, strawberry can act as an alphahydroxy), and yogurt and milk can soften the skin. Oatmeal is extremely soothing, and most sensitive skin types can use masks of this sort. Adding rose petal powder can enhance your fragrance without the need for perfume, while citrus fruit peel powder acts as an astringent.

When you decide to make use of facial masks, you are certain to feel the good effects of it later down the road. And if you apply them once a week, you can help keep your face healthy-looking and your complexion brilliant with a healthy glow.

### **Who was that Masked Woman? The Facial Mask for You**

Choosing the right face mask for you can be difficult. What is in the mask? Will you have an allergic reaction to something in it? Which one will work best for my face and skin type. The answer is to not choose one at all. Give yourself a quick and simple do it yourself beauty treatment by making a facemask at home right in your kitchen. It will be natural and you will know exactly what you are putting on and into your skin.

Though you can certainly put together your own facemask based on your knowledge of your own skin care, there are some ideas out there you can use. Whether you use the ideas here or make up your own, you will be sure you are avoiding additives and preservatives. If you like, you can even strive for a 100 percent organic facial mask.

The first will work best for dry skin. Take 2 ounces of fresh avocado, an ounce of orange juice, a teaspoon of acacia honey, and a teaspoon of molasses and 5 drops of chamomile essential oil and put them in a blender for blending or a large bowl if you prefer to mash them by hand. If, for some reason, the mixture comes out too thick, go ahead and add another ounce or so of orange juice. Once you have your paste together, use your fingers to spread the mixture over your entire face and neck. Leave the mask on for at least 30 minutes, but longer would be better. A warm flannel is best to rinse the mask off your face and will help exfoliate and clean your face as you wash off the mask. If there is some left over, it can be kept in the refrigerator for a day or two. You will find your face moisturized and feeling healthy after this homemade facial mask.

If you have sensitive skin this homemade honey face mask will likely work best for you. Start off by warming a small pot or crock of honey in a double boiler. Periodically check on your hand to make sure the honey gets warm, but it not hot. Once it is at a

comfortable temperature, rub the honey onto your entire face generously. Leave the mask on for 15 minutes before rinsing thoroughly with warm, then cool water. You will feel refreshed and your face will look healthy after this simple home facial treatment.

Oily skin can be a problem with facial masks, but a homemade egg white mask will work great for your oily skin. Whisk one egg white in a bowl until the peaks are stiff. Add 6 drops of witch hazel and 6 drops of lemon juice to the whites. Then, gently put the mixture on your face but be sure to keep it out of your eyes. Leave it on your face for about 15 minutes before rinsing well with warm water. This will help with your oily skin without drying out your face.

If you have sensitive, sunburned, or damaged skin, you may want to try a butter face mask. You will need a tablespoon of unsalted butter that you have softened, and a large mashed up strawberry. If you have normal to dry skin use a 1 inch slice of cucumber pushed through a sieve, use a tablespoon of lemon juice for oily skin, or try adding 1 egg yolk if you have very dry skin. In a bowl, beat the butter and your chosen ingredient. Apply the mask as soon as it is combined and leave it on your face for 10 to 15 minutes. With a wet, warm washcloth, remove the mask. With butter being a great source of vitamin A, this mask will really help your sunburned or damaged skin.

Facial masks can be fun and very helpful for skin care. There are times, however, that it is difficult to tell which one is right for you. So, by making one of the face masks offered here or designing your own, you will know what is in the mask and can custom make it for your skin type and needs. Kitchens aren't just for meals any more; it can be your own private beauty spa.

## **Beauty Treatments Right in Your Own Kitchen**

### **4 Masks to Make Yourself**

Nature has given us great bounty. In many cases it is not necessary to purchase expensive products, often made from chemicals, from stores in order to enhance the quality of the skin. There are plenty of products right in your own kitchen that can help you enhance the quality of your skin and can even help you feel great. These products are a testament to the great qualities that are inherent in the most ordinary things that can make us beautiful, cleansing the skin and brightening the complexion.

Creating facial masks from common kitchen products has been done for years. Even the most common and ordinary products make great facial masks. While essential oils and special clays can be very effective, there is no need to use them if you do not wish to. Simply head to your kitchen cupboards and refrigerators and create any one of the following face masks, and feel the good effects almost immediately.

For best results, it is recommended that you apply a facial mask once a week, rinsing your face first with warm water and then rinsing with cold (to close the pores) after you finish removing the mask.

**Egg mask.** It seems a little strange to create a face mask using eggs, but it is a tried and true method for toning the skin. The egg actually helps tighten the skin, giving you a firmer face that is less wrinkled and less prone to sagging. Simply beat one egg white until it is stiff. Then you just smooth it over your entire face. After 20 minutes, remove the mask. You can adjust the mask to your skin type by adding lemon juice to the egg white (just a drop) for oily skin or putting in a bit of honey for dry skin. The skin on the inside of the shell can actually work as an acne treatment. Just place the skin over the breakout and leave on for 30 minutes or even overnight to help reduce the appearance of the acne.

**Honey mask.** This is a very easy mask. It is cleansing, and the honey acts in the same way as an antibacterial. You need warm, runny honey. You can run your honey container under warm water or soften it in the microwave to get it to the desired consistency. Be careful with the microwave, however, as you may get the honey too hot. You just want it warm and runny, not scalding. Smear the honey all over your face. Even those with sensitive skin can usually use this treatment. After about two minutes, it will start to feel as though it is pulling. This is when you rinse the mask off with warm water (follow with cold as soon as all of the honey is off of your face).

**Acne mask.** If you want to help control your acne, a simple mask made from what you keep in your kitchen can assist you in your fight against acne. For a major breakout, form a paste using one half cup strained tomato pulp and powdered milk. When there is enough to make a paste, blend until the mixture is no longer pasty, but is smooth. Then apply and leave for 20 minutes. You should wash this off with warm water. Because Vitamin C and Potassium are found in tomatoes, this will also help your skin heal from the acne.

You can create a variety of nourishing masks if instead of tomato you use carrots, bananas, or cucumbers. Simply mash whatever you are using (you will have to steam the carrots first) and substitute it for the tomato pulp.

**Strawberry alpha hydroxy mask.** Take four or five large strawberries and mash them up until they become a thick pulp. Then cover the face thickly with the pulp. Lie down quietly for about 20 minutes before washing with warm water followed by cold. It is important to note that this treatment is not a good idea for extra sensitive skin.

These easy to make facial masks are fun and inexpensive to create from items found in the kitchen. They are also quite effective. One more treatment that can help with rough facial skin is to use mayonnaise. This also works on your elbows. Make sure you use only a light layer, and make sure that you only leave it on for 15 minutes before washing it off.

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