FACIAL TREATMENT RECIPES

1 Banana

1 ripe banana
1/2 cup cooked oats
1/4 teaspoon cinnamon
A squirt of lemon

Blend. Apply. Leave on 5-15 Minutes.





Avocado - Cucumber 2

1/4 pureed cucumber
1/2 mashed avocado
1/4 teaspoon lemon juice

Blend. Apply. Leave on 5-15 Minutes.

3 Banana Turmeric

1 ripe banana
1/4 teaspoon turmeric

Blend. Apply. Leave on 5-8 Minutes.

