



Masks for Oily Skin

Simple Clay Mask:

2 tablespoons witch-hazel or toner
1 tablespoon Fuller's Earth

The ingredients are available at chemist's shops. You will find that they keep well if bottles and jars are tightly covered and stored in a cool, dark place. Mix the ingredients to a paste and apply with a spatula. Witch-hazel has a natural antiseptic action besides helping to refine pores and dry up oily skin, so this is ideal for greasy complexions with a tendency to blemishes. If your skin is only mildly oily, you can substitute the witch-hazel with rosewater, also from the chemist. Or try a compromise - a tablespoon of witch-hazel and one of rosewater. Allow the mask to dry on the face, then rinse off with warm water and pat skin dry with a clean towel or tissues.



Lemon Mask:

A little raw egg white
Half a fresh lemon
Half a cup of oatmeal



Beat the egg white in a bowl till slightly frothy, squeeze in some lemon juice, then add the oatmeal. Mix all three together. Spread mixture over your face. Tuck an old towel into the collar of your housecoat - the mask is drippy but it dries fairly quickly. Avoid any facial expressions and speaking until it has dried. (It dries to a smooth, taut finish you can really feel the tightening action of the egg white.) Rinse off with warm water and smooth on a light film of moisturizer afterwards. This mask is particularly good for greasy, open-pored and rather coarse complexions.

Yeast Mask:

1 teaspoon brewers' yeast
Plain yogurt

Mix the powdered yeast with enough yogurt to make a thin paste and apply this over the face and throat, patting well into particularly oily areas. Leave for 15 minutes, rinse off with first warm, then cool, water. This mask helps discourage oiliness and deep cleanses the skin.

Masks for Dry Skin

Sesame-seed Treatment:

Sesame-seed oil
A small, clean towel

Apply a liberal amount of sesame-seed oil to a clean face, massaging it in gently. Leave eye and nostril areas clear. Dip towel in hot water wring out, and place over face for a few moments to encourage oil to soak into skin. Try to lie down for this one, preferably on a slant board to increase blood flow to your face. Repeat applications of oil followed by the hot towel several times, then rinse the skin with warm water and follow with a really gentle skin tonic to remove all traces of oil. Apply a film of moisturizer over the face.

Corn Mask:

1 fresh-picked young ear of corn

A clean cheesecloth bag

Husk the ear, removing all silk, and run a rough grater down the sides of the corn to expose the rich, milky fluids. Gather the kernels in a cheesecloth bag and squeeze to remove the fluid. Add the pulp as well - you only want to remove the corn hulls and pat this pulp-and-fluid mixture on to your face and neck. Leave on for 15 to 20 minutes, until dry. Rinse off and follow with an application of moisturizer. The high protein and fat content in corn soothes dry tissue and provides the building material needed for a healthy skin. A feast for a starved complexion.

**Fruit-and-Cream facial:**

Half a ripe peach or a few ripe strawberries

Thick fresh cream

Mash the peach flesh or the strawberries (after washing and hulling) in a small bowl and add an equal quantity of thick, rich cream. Apply the mixture to the face and throat by patting it into the skin. Lie down for at least 30 minutes and rest while the fruit and cream nourishes and plumps out tired, dry skin. Rinse off and follow with a film of moisturizer.



Masks for Normal Skin

The Honey Mask:

2 tablespoons honey

Warm water

Have two small bowls handy, one for the honey and the other filled with water as hot as you can bear. Wrap hair in a towel to keep it off your face (which should be clean), and dip your fingers first into the warm water, then into the honey. Spread the honey over your face and throat with an upward movement, patting it in well. Avoid eye, nose and mouth areas. Leave on for five to 10 minutes, rinse off with lukewarm water and blot skin dry. Leaves a complexion soft and glowing.

**The Egg-and-Lemon Mask:**

1 egg yolk

Juice of half a fresh lemon

Blend the egg yolk and lemon juice thoroughly in a basin. Smooth this thin paste over your face and throat and relax with your feet up for 15 to 20 minutes while it gradually thickens. It won't really dry, but after the prescribed time, rinse it off with warm water, pat skin dry and smooth on a moisturizer.

Cucumber-Milk Mask:

1 large cucumber

1 tablespoon powdered milk

A little egg white

Grate the cucumber coarsely and squeeze to remove the juice. Pour this into a small basin, add the powdered milk and a little egg white, and beat all together until blended. Apply over face and throat and leave for 15 minutes or until dry. Rinse off with cool water and moisturize your skin. The sulphur and silicon-rich cucumber juice combined with the calcium in powdered milk, and the tautening qualities of egg white, make this a very versatile mask for nourishing and toning the skin. If your complexion is inclined to be somewhere between normal and dry, leave out the egg white and apply only cucumber juice mixed with powdered milk; a wonderfully cooling face pack.

Adding the Finishing Touches

Now there is still more to be done. After the mask is taken off with warm water, you should tone and refresh skin and pores with a skin tonic. Of course you could use one of the excellent tonics available in the shops, but why not finish off with a make-it-yourself tonic too?

Toning Lotions to use After Mask



For normal skin

250g (80z) of witch-hazel

½ tsp of alum (from chemist)

Mix them together. Keep in an airtight bottle in the refrigerator. Use over face on damp cotton wool.

For dry skin

1 cup of distilled water

½ tsp of alum

1 drop of mint extract (make by boiling up 2 handfuls of mint and straining the juice through muslin)

Mix them together. Keep in an airtight bottle in the refrigerator. Use over the face on damp cotton wool.

For oily skin

1 teaspoon of alcohol

125g (40z) of distilled water

½ tsp alum

Mix together. Keep in the refrigerator. Use over the face on damp cotton wool. Keep your skin tonic in the refrigerator for two reasons: first, it lasts longer; secondly, when your skin is hot, perspiring or flushed, it feels fabulously refreshing. Don't attempt to keep it longer than three months.



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