



HELICHRYSUM

FACE MASK

Helichrysum has been called the “immortal flower” or “everlasting flower” due to its rejuvenating benefits for the skin.

Ingredients:

- 1 teas. honey
- 1 teas. coconut oil or jojoba oil
- ¼ ripe avocado
- 2 drops Helichrysum oil

Instructions:

- Mash up the avocado until smooth. Add the honey, coconut or jojoba oil, and Helichrysum oil and mix well.
- Spread the mask over your face and neck. Leave on for 15 minutes and then wash off with warm water.
- Apply moisturizer and enjoy your smooth, hydrated skin.