

EDIBLE FACE MASK RECIPE



Ingredients

- 4 slices cucumber
- ½ ripe avocado
- 2 tbsp cocoa powder
- 2 tbsp raw honey

How to create



1. Put the slices of cucumber in the freezer and get them cooling.
2. After, in a small bowl, mash the ripe avocado until completely smooth.
3. Once the avocado is mashed, add in the cocoa powder and the honey and mix well.

How to Apply



1. Apply a thick layer of the mask to your partner's clean face and massage in slow circular motions all over the face and neck. Take it in turns to apply.
2. Finally, get those cucumbers out of the freezer, find a comfy seat, lay back and place the cucumbers over your eyes.
3. Leave the face mask on for 20-30 minutes and rinse with lukewarm water.
7. Pat dry your face and follow up with a moisturiser.



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