



2 cups Redmond clay
1 cup finely ground oats
1/4 cup finely ground almonds
1/8 cup finely ground lavender
1/8 cup finely ground roses
optional: 1/8 cup exfoliant like poppy seed or cornmeal

Mix together and keep in a glass jar until ready to use. Use 1 teaspoon at a time mixed with water, honey, flower water, aloe vera gel and a few drops of olive oil or herbal oil of choice.

You can also make a face mask by mixing equal parts honey and water to the desired consistency. Let sit on face until it just starts to dry, then rinse off with warm water and follow up with toner and face cream.

To use, apply a small amount to the palm of the hands, rub together and massage onto face and neck. Rinse with warm water, pat dry and finish up with herbal toner and face cream.