



Sensitive Skin Banana Mask (for the face and back)

Bananas may be mashed and added to the Set-N-Me-Free mask. This is very good for sensitive-skin and will leave the skin soft and smooth. Properties are found in both the peel and the pulp of fully ripened bananas that will enhance fresh and clear skin. The sugar content of the ripe banana has an abundance of natural benefits for skin.

Recipe: Prepare the Set-N-Me-Free mask as if it were going to be used with no added ingredients. Add enough Set-N-Me-Free Misting & Masking Liquid to a thin gravy consistency. Combine the mask mixture and one teaspoon prepared banana. Beat or whip so the mixture is smooth.

You may need to add additional Set-N-Me-Free Misting & Masking Liquid if this is prepared in a blender. If the mixture is too thin, add a bit of brewers yeast or oat flour.

Apply a thin layer of the mask onto the skin and let set for about 15-minutes.

To remove the mask, drape the towel that has been soaked in Aloe Misting & Masking Liquid or Natural Aloe Liquid over the masked area and leave for 1 minute to soften the mask. Gently wipe the area clean with the towel. Use the Aloe Mist to soften any mask that is still on the skin and continue to wipe it away until you have a clean finish.

Apply Set-N-Me-Free Aloe Milk Moisturizer while skin is still damp. Teens and those with oily skin will enjoy using the Aloe Comfrey Gel as an oil free moisturizing gel.
