



## Herbal Masks

Herbs work synergistically together, so when additional herbs are added to the Set-N-Me-Free mask, the treatment takes on added benefits. Synergism: Cooperative action of discrete agencies such that the total effect is greater than the sum of the single effects taken independently. Always research your ingredient choices to assure they are safe and will deliver the desired effect.

Herb powders can be purchased in bulk at most health food stores with more varieties being found at specialty herb stores. Keep herbs tightly contained in a cool, dark cabinet to preserve freshness.

To add your choice of herbs to the Set-N-Me-Free Mask Powder, plan to add herbs at a ratio of 1-part herb powder to 4-parts Set-N-Me-Free Mask Powder. Mix per instruction at the beginning of this section: Set-N-Me-Free Mask Powder and Set-N-Me-Free Misting & Masking Liquid to a thick gravy consistency. Depending on your choice of herbs, you may wish to alter the ratio. Leave the mask on for 8-12 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 Moisturizing.

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