



Set-N-Me-Free Masking Base Formula

Mash an overripe avocado with one teaspoon lemon juice. (This will keep the avocado color). You will need only one teaspoon of avocado for a facial, obviously much more for a full body mask.

For each teaspoon of avocado/lemon mix, add one teaspoon of Set-N-Me-Free Mask Powder. Stir in drops of Set-N-Me-Free Misting & Masking Liquid to make a thick gravy consistency. Add one teaspoon of brewers yeast to the mask if desired. The avocado is rich in moisturizers and mixes well with the Mask Powder and Aloe Misting & Masking Liquid.

Use fingertips to apply mixture to skin. Leave mask on for 10-15 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.

Finish the mask with application of Set-N-Me-Free Day-Night Emollients onto the still moist skin.
