



Oatmeal Mask

Oats contain a higher proportion of fat and protein than most other grains.

Evening Primrose Oil is high in essential fatty acids. If it is available, add a few drops to this mask.

Use oat flour or blend some rolled oats into a powder. Use equal parts oat flour and Set-N-Me-Free Mask Powder. Stir well together. Add drops of Set-N-Me-Free Misting & Masking Liquid and drops of Evening Primrose Oil, alternating drops and mixing until the mask is a gravy consistency.

Apply thinly to the masking area and leave on for 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 Moisturizing while skin is still moist.
