



Potato Mask

Prepare ahead, finely grated red potato (including the skin), finely grated carrot (including the skin), cucumber finely grated (including the skin). A food processor would make this easy.

Use one teaspoon of the above mixed vegetables. Mix with two teaspoons Set-N-Me-Free Mask Powder. Stir well, adding drops of Aloe Comfrey Gel to make a consistency that can be applied to the skin.

Clean the moistened masking area with Enzyme Cleanser. Remove the cleanser with fresh warm water. Apply the vegetable mask with fingers and cover with plastic film so it stays moist for 15-20 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 Comfrey Gel sparingly, and rub in well. Moisturize with Set-N-Me-Free Aloe Milk Moisturizing after the gel has dried.

The client will be happy with daily cleaning with Enzyme Cleanser and using Aloe Comfrey Gel prior to bedtime. Teen clients will be especially pleased with this mask.
