



Creating Specialty Masking Treatments

Set-N-Me-Free Mask is the perfect foundation for your own personalized or customized masking treatments. Use the guidelines and ideas below to create something special for your clients. You will find these simple formulas easy to create a custom mask for any occasion. We have included several, more complicated mask recipes in the following pages.

1. When choosing ingredients for your treatment mask it is always best to choose minimally processed organic substances as often as possible.
2. Never allow your aloe vera to warm above 135 degrees Fahrenheit, as this will degrade the natural enzymes in the aloe vera. Never use a microwave to “warm” the aloe vera for your mask. It is best to use indirect heat; for example, putting a 2oz bottle in a bowl of hot water for 10-15 minutes will gently warm the aloe vera.
3. Researching ingredients and using them with knowledge will create the most satisfying experience for your clients.
4. When using freshly prepared masks you have the freedom to present a “mask of the week” or a series of specialty masks on a rotating schedule that will allow your clients to enjoy the experiences and maximize your supply. For example: Creating a banana mask will use only a small amount of a fresh banana. To insure you will not waste the remaining ingredients, offer a Banana Mask to every client that day.
5. Consider using 2-3 masks within your standard treatment menu and offering a fresh mask using the best ingredients of each season.

Adding a powdered ingredient to your mask:

Use only $\frac{1}{4}$ tsp of your powdered ingredient for a facial sized area. To ensure that your ingredient is fully integrated into the mask, mix the Set-N-Me-Free Masking Powder and your powdered ingredient thoroughly before adding any Set-N-Me-Free Misting & Masking Liquid. Apply and remove the mask using the same method as listed in the instructions above.

Suggested powdered ingredients: spirulina, cocoa powder, vegetable powders, powdered green tea, finely ground coffee, finely ground herbs.

Adding a fruit or vegetable puree, yogurt, or honey to your mask:

Most fruit can turn a regular mask treatment into a delightful experience. The tantalizing aroma of freshly whipped strawberry added to Set-N-Me-Free Mask Powder and Set-N-Me-Free Misting & Masking Liquid will delight any client.

Use 1 tsp of your raw, organic pureed ingredient for a facial sized area. To ensure that your ingredient is fully integrated into the mask, mix the Set-N-Me-Free Masking Powder with your pureed ingredient before adding any Set-N-Me-Free Misting & Masking Liquid. Use drops of Misting & Masking Liquid to adjust the consistency of the mask to your preferred consistency. Apply and remove the mask using the same method as listed in the instructions above.

Suggested purees for your mask: pureed strawberries, mashed banana, yogurt, raw honey, and organic baby food.

Fruit and vegetable masks are applied with more thickness on the skin, taking more mask material and will take a bit longer to dry or “set up”.

Adding an essential oil or carrier oil to your mask:

Oils can be purchased in encapsulated form and in bulk bottles. Plan to use 1-2 drops of essential oils or essential oil blends. Plan to use no more than $\frac{1}{4}$ tsp of other oils. Add the oils to the mixed Mask Powder and Misting & Masking Liquid. Masks with oils added will have very little tightening feel and may not dry completely. Leave this mask on the skin for 7-10 minutes as part of your facial routine.

Suggested oils for your mask: Evening Primrose Oil, Carrot Seed Oil, Olive Oil, Calendula Oil, Rosehip Seed Oil

Adding a liquid to your mask:

Liquids should be blended with the Misting & Masking Liquid prior to mixing the mask for the best integration of these ingredients. Use your special ingredient for $\frac{1}{2}$ the liquid required to make your mask.

Suggested liquids for your mask: fresh juices, herbal infusions, fruit infusions, floral infusions.

To create a liquid infusion from fresh herbs and Natural Aloe Vera Liquid: heat aloe vera to no more than 100F using indirect heat. (Do not boil or use microwave to heat aloe vera). Steep the raw or dried ingredient (flower petals, grated ginger or a tea bag for example) for 10-15 minutes in the warm aloe vera. Strain the aloe vera using a coffee filter and put the liquid into a container with a tight fitting lid. This infusion should keep in the refrigerator for up to 1 week.

Adding Set-N-Me-Free products to your mask:

Set-N-Me-Free Aloe Vera Co provides several products that mix well with the basic mask recipe. These ingredients come as gels to be incorporated into your mask like a puree would be.