



Yogurt Mask

Natural yogurt will make an exceptional mask when mixed with Set-N-Me-Free Mask Powder and enzyme-active Set-N-Me-Free Misting & Masking Liquid. It will absorb quickly and be easy to remove.

This recipe can include 1 teaspoon of finely grated carrot that will add texture to the mask for added interest.

Recipe: One Tablespoon active cultured yogurt to one teaspoon of Set-N-Me-Free Mask Powder. Stir together and add drops of Set-N-Me-Free Misting & Masking Liquid to make a smooth mixture that will adhere to the skin.

Leave mask 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 Comfrey Gel as a light moisturizer.

For dry skin, apply Set-N-Me-Free Aloe Milk Moisturizing after the Set-N-Me-Free Aloe Comfrey Gel has dried.
