



Honey Face Mask for Dry Skin

Shine365
Marshfield Clinic

PREP TIME: 10 minutes • **MAKES:** 1 mask

INGREDIENTS

- 1 teaspoon mashed avocado
- 1 teaspoon plain whole milk yogurt
- 1 teaspoon raw honey

INSTRUCTIONS

Mix ingredients in a small bowl until smooth.

Spread the mixture over your face and let it sit for 20-30 minutes before washing it off.

Note: Test on a small patch of skin under your jaw. Wait 15 minutes and check for a skin reaction.