



## urban sense facial clay masque recipe

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Incorporating a regular face masque into your skincare regime is not only a wonderful treat for your skin, but it's also a great way to take a few minutes out for yourself.

Once you have blended your masque, apply it to clean skin and put your feet up for 10-15mins and allow the clay masque to cleanse, purify and revitalize your complexion.

Basic recipe:

1. Add 1-2 tablespoon of your chosen clay to a small glass bowl.
2. Add a small amount of filtered water and mix the clay into a smooth consistency using a metal spoon or spatula.
3. Apply the mixture to your face and neck (avoiding your eye area) using a pastry brush or your fingers.
4. Once applied, sit back and relax for 10-15mins or until the masque has dried.
5. Remove the masque with facial sponges or a clean flannel using warm water. Follow up with rose mist facial spray and one of our hydrating or balancing moisturizers.

Bonus extras:

For extra nutrients use our rose mist facial spray to blend your clay. Rose mist contains pure rose hydrosol, organic aloe vera and vitamin B5 that increases hydration of the skin.

For a creamier texture and added nutrients add 3-4 drops of renew night oil to your clay masque before applying to your skin. This will decrease the drying effect of the clay and help infuse nutrients into your skin.

Be creative – you can also add other items to your masque.

- 1 tsp of organic honey
- 1-2 drops of you favorite essential oil
- ¼ tsp spirulina extract or pure ascorbic acid for vitamin C
- Infused cooled herbal tea such as chamomile or licorice to mix clay

Note: if you have sensitive skin always patch test a small area of skin before applying the clay masque to your face.