

Easy Face Mask

Take one leaf cut from the aloe vera plant and wash it. Cut off the spines. Slice the leaf open so that the inside of the plant is revealed. Wash your face with BF&C soap. Next rub the gel side of the aloe vera to completely cover the face.

You can make incisions into the gel side to release more gel as it starts to dry out. Keep any remaining leaves with gel left in them in the refrigerator. Do this before bed and your skin will be nourished and tightened all night as you sleep. Rinse face in the morning with warm water and finish with cold. This not only tightens and tones the skin but will aid in clearing acne.



By Yvonne Salcido