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## Lavender & Rosemary Mask

### Description

The Lavender and Rosemary Mask is a balancing mask with antioxidant properties and antimicrobial effects. It nourishes the epidermis and helps balance the nervous system.

**Skin Type:** All skin types.

### Benefits:

- ❑ Helps balance the nervous system.
- ❑ Has antimicrobial, antibacterial, and antifungal effects.

### Ingredients

Alginate, Olea Europea L Oil, Lavender & Rosemary Flowers, Lavandula angustifolia (Lavender) Essential Oil.



Alginate	A thickener that is obtained from marine extracts.
Lavender Essential Oil	Adds fragrance. Has antiallergenic, anti-inflammatory, antiseptic, antibacterial, antispasmodic, balancing, energizing, soothing, healing, tonic, and stimulating properties. Helps normalize skin and helps stimulate cellular growth and regeneration.
Lavender Flowers	Soothing, sedating. Known to be antibacterial and antiseptic. Helps calm the nerves, reduce muscle tension, and relieve cramping and gas.
Olive Oil	Helps stimulate the synthesis of collagen, elastin, proteoglycans, glycoproteins.
Rosemary Flowers	Invigorating and uplifting. A strong antioxidant. Helps improve and strengthen memory.

### Usage Instructions

1. Combine 1 ounce (30 grams) of powder with 3 ounces (90 grams) of water. (*Note the water should be 68° F (20° C).*)
2. Stir vigorously for one minute until you get a homogeneous paste.
3. Apply the paste immediately to the face avoiding the area around the eyes. The mask should set within 5-6 minutes.
4. Leave the mask in place for at least 15 minutes.
5. Remove by peeling it off in one piece.

### SKU #

HM4527