



# Honey Yogurt Mask

Applying probiotics like those in yogurt to the skin has been shown to reduce blemishes. And raw honey is a potent antibacterial agent that can kill bacteria while moisturizing and nourishing the skin.

## Ingredients:

- 2 tablespoons probiotic-rich full-fat yogurt, plain
- 1 tablespoon organic honey

## Directions:

Mix together when you are ready to use it.

## How to Use:

Wash your face and neck. Apply generously with clean fingers or cotton pad. Leave on for 10 minutes, then rinse and apply moisturizer. Repeat twice weekly.