



Natural Face Masks: Beautify Your Face With Ghoulish Avocado, Clay, Charcoal and Egg Yolk

As always, I try my very best to only use natural and safe products on my body, on my boy's, and around my home. If it's moisturizer, salad dressing or a cleaning product - in my home, it's going to be all natural. So, when I got to thinking about just how I could treat myself to an all natural facial, without using any chemical laden face masks, I went directly to the pure and basic old faithful's.

The natural face masks I'm sharing with you today have been used for decades, but It seemed intuitive to re-introduce them now, during the "spooky" season, because they progressively dry and become more and more gnarly looking. So as you beautify, you can also scare the heck out of your children! If you have used egg or clay to naturally purify your face before, you know what I'm talking about. They go on nice and moist and then really harden, dry out, crack and peel... really, not pretty at all, and that my friends is what actually purifies and refines your pores - all that drying and tightening.

This Halloween I encourage you to take time for yourself and whip up one of these super quick and 100% natural masks to achieve a super radiant and refreshed feeling face. What could be better than parading around for ten minutes looking the part of a zombie all the while nourishing your pores and clarifying your skin - and, if

you go with the avocado mask, think about how great it will taste if you happen to take a lick -

Now that's some Halloween candy we all need!

And, better yet, what you need might already be in your fridge, pantry, and cabinets... Making this an easy treat you just have to pamper yourself with.

For an egg yolk mask:

All you need are eggs, bowls, and a fork or small whisk. Simply divide the whites from the yolks - then whisk away. Both the whites and the yolks can be used for different "looks". Whites seem to dry out much faster than the yolks and really pull the skin into wrinkles and make dry patches here and there, while the yolks give a more sallow and blistered look. Perfect for freaking out your family and for reducing pore size

For a clay mask:

All you need is some [powdered natural clay](#), water, a mixing bowl, and spoon. You can find canisters of powdered natural clay and [pre-made natural clay masks](#) at most health food stores. There are many varieties, so go with what you will use most often, that way your making a smart investment.

Simply follow the directions on the canister (if your going with the powder) and apply. You might want to make the mask a bit thicker or thinner, depending on the level of purification desired.

For an avocado mask:

This one is so easy and tasty - use some for the mask and then make some guacamole. No reason not to!

To make the mask simply mash up the flesh from a couple avocados and apply thin amounts to the face. This is an awesome natural way to achieve a witchy look; as the avocado dries it becomes an eerie pee green and gets wrinkly too.

Avocado is tremendously healthy for your skin and all the healthy oils will penetrate deeply to leave you with a beautiful radiant glow.

For a charcoal mask:

Just like the clay mask, you can either buy natural pow-

der or the ready made natural mask; again, most health food stores carry [charcoal powder](#) and [pre-made charcoal masks](#).

If you buy the powder, follow the directions on the canister or bag and apply. Use your creative license to whip together a unique blend – perhaps mixing clay and charcoal together, or egg and avocado. The combinations are endless. Trust your skin to tell you what it needs.

Seriously, try experimenting this year with one or more of these natural face masks. There is no reason to keep on using unhealthy facial treatments and plenty of reasons why you should start using natural alternatives... (good for you, cheap, tasty, purifying, detoxifying, calming, beautifying....). And, my friends, make sure to have a BOOtastic, safe and very happy Halloween!