



## DIY Honey and Oat Facial Scrub



4 ingredients



5 minutes



1 mask

This is a super-easy, all-natural, honey-based skin treatments made using ingredients you probably already have stocked in your cupboard. The oats are a gentle way to scrub away dead skin cells while the honey coats and protects skin. Lemon serves as an astringent.

### DIRECTIONS

1. Mix ingredients together in a bowl.
2. Massage onto face in a circular motion.
3. Rinse with warm water.

### INGREDIENTS

- 1 **tbsp** Honey
- 1 **tbsp** Ground Almonds
- 2 **tbsps** Dry, raw oats
- 1 Squeeze of lemon