

How to make an exfoliating mask from natural ingredients for all skin types

From the familiar natural ingredients, you can create a variety of safe and effective exfoliating masks ...

Whether your skin is oily skin, combination skin or dry skin, it is impossible to skip the exfoliation step. Our article will give you recipes to **remove dead skin masks** from natural ingredients for all skin types.

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Mask of exfoliating with brown sugar

Brown sugar is one of the natural beauty ingredients familiar to many women. In brown sugar contains a large amount of minerals such as calcium, magnesium, potassium, iron, vitamins, . Using brown sugar, you can remove dead skin quickly in just 15 minutes.

Doing:

Step 1: Mix 3 teaspoons of brown sugar with a sufficient amount of non-foaming cleanser

Step 2: wash your face and leave your skin slightly moist

Step 3: Apply the mixture to the skin and gently massage in the direction from inside to outside, from bottom to top about 2-3 minutes

Step 4: wash your face with clean water. Do it 1-2 times a week.



Effective exfoliation with brown sugar

How to exfoliate skin with honey, oats and yogurt

It can be said that honey, oats and yogurt are golden recipes with effective exfoliation. Many studies show that oats contain lots of B, E, amino acids and fiber to help cleanse the skin deeply. High lactic acid yogurt can blur acne spots and filter sebum on the skin. Honey has antibacterial properties, prevents inflammation and moisturizes.

Doing

Step 1: Mix oatmeal, honey and yogurt in a 1: 1: 1 ratio into a smooth and smooth mixture

Step 2: Use makeup remover and warm water to clean the skin, then gently apply a towel to the skin, keeping the skin moist

Step 3: Apply a sufficient amount of the mixture on the skin, massage gently for 3-4 minutes

Step 4: Wash skin with cool water. Exfoliating oats, yogurt and honey should be done 1-2 times a week for best results.



Honey, oats and yogurt - golden exfoliating formula

How to exfoliate with salt and olive oil

Olive oil contains good fat, antioxidants, vitamin E and many other precious nutrients that are good for the skin. Salt has antibacterial properties and the ability to effectively remove dead skin. You can use regular salt or sea salt in this recipe.

Doing

Step 1: mix 2 teaspoons of salt and 2 teaspoons of olive oil together

Step 2: wash your face and then apply the mixture to your skin, massage gently to remove dead skin and help absorb nutrients better

Step 3: wash your face, use rose water and other care products to balance moisture and condition skin.



Exfoliating with salt and olive oil

In addition to the above natural formulas, you can exfoliate using an exfoliant . This device is especially suitable for girls who love modernity or do not have much time to exfoliate using natural methods. Here are some products that you can refer to:

1. Exfoliating machine and improved skin elasticity Lifetrans UI-400
2. Lanaform LA131310 machine for removing dead skin and facial rejuvenation

Save the exfoliating ways with natural ingredients and apply today. Visit META.vn to learn more about beauty and order the best, low-cost exfoliants.

>>> **More references:** How to exfoliate for any good lips, the simplest?

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