



# How to Make a Hydrating Avocado Face Mask

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## INGREDIENTS

- 1/2 med-large avocado
- 1-2 tsp raw, local honey
- optional: 2 tbsp rolled oats\*

## INSTRUCTIONS

1. Combine all ingredients together in a small bowl.
2. Wash face with a cleanser, dry and then apply mask liberally to face and neck.
3. Let sit on face for 20 minutes.
4. Wash mask off face and follow-up with your typical skincare routine.

\*for a smoother face mask, grind your oats in a blender before mixing in