



Deep Cleansing Mud



Learn how to make a DIY deep cleansing mud with essential oils. This homemade natural facial cleanser cleans gently yet effectively and works great for all skin types. The base is made of Ghassoul mud, a clay that's rich in minerals and anti-bacterial. The mud is perfect to treat acne-prone, sensitive and irritated skin. You can download the printable labels here: <http://chcotta.ge/bl0257>

Instructions

1) Combine the liquid ingredients

In a small mixing bowl, stir together the honey, rosewater and geranium floral water.

2) Add the clay

Using a small whisk, mix the clay with liquid ingredients. Optionally, incorporate the ground coffee.

3) Add the grapeseed oil and essential oils

Stir the grapeseed oil and essential oil of your choice into the mud cleanser.

Materials

For the deep cleansing mud

3 tbsp manuka honey or 1 1/2 tbsp glycerin
1 1/2 tbsp rosewater
1 1/2 tbsp geranium floral water
7 – 9 tbsp Ghassoul (Rhassoul) Clay
2 tbsp grapeseed oil
finely ground coffee (optional) If you want to enhance the peeling

Essential Oils

5 drops of sandalwood essential oil
5 drops red mandarin essential oil

How to use the DIY deep cleansing mud

You can use the cleansing mud daily, I recommend in the evening. Wet your face with warm water to open the pores. Then apply a small amount of the DIY deep cleansing mud and massage into your skin. After cleansing, rinse off mud and gently pat your face with a towel until it's dry.

Storage & shelf life

Store up to six months in a light- and air-tight container. Instead of using your fingers, take out the cleansing mud with a spoon or small spatula to prolong its shelf life.