



# DIY Hand Mask

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## Materials

### **For the clay mask**

110 g (1 cup) French yellow clay  
60 ml (1/4 cup) avocado oil  
15 ml (1 tbsp) calendula oil  
6 drops essential oil(s) (see above)

### **Packaging and gift giving**

clip top jars  
printable labels

Care for your hands with a nourishing DIY hand mask! Our homemade clay mask clarifies and moisturises dry, sensitive skin. You only need 3 ingredients: French yellow clay, avocado and calendula oil, and optionally essential oils. This oil-based clay mask doesn't dry out the hands but moisturises and heals while cleaning the skin. A free printable label to package and gift the mask is available here: <http://chcotta.ge/bl0307>

## Instructions

### 1) Mix the clay hand mask

Add the French yellow clay, avocado oil, calendula oil, and essential oil(s) into a non-metallic bowl and stir with a wooden spoon or plastic whisk until well blended and no dry lumps of clay remain in the bowl. Use right away or fill into sterilised, airtight jars or containers for storage.

**Info:** Be careful when handling the clay as it may stain fabrics.

## How to use the hand mask

Remove any jewellery, then wash and dry your hands. Apply approximately 1 to 2 teaspoons of the clay mask to the back of your hands, also covering your fingers, cuticles, and nails. Leave the clay mask on for 10 to 15 minutes. Wash your hands clean under warm, running water. Dry with a fresh towel and apply my hand balm, a few drops buckthorn seed oil, or a moisturiser.

**Important tip:** Use a clean, dry spoon or spatula to take out product from your jar or container. Don't use our fingers or a wet tool to pick up the mask as these will contaminate the mixture with bacteria.

## Storage and shelf life

Store the hand DIY hand mask in an airtight container or jar away from heat or direct sunlight for up to 3 months.

## What essential oils should I use?

We recommend to use essential oils that are gentle and soothing to dry skin. Use a total of 6 drops of the following essential oils: chamomile, carrot seed, cedarwood, patchouli, myrrh, lavender, geranium.

If your skin is very sensitive or prone to allergic reactions, it's best to omit the essential oils in this recipe. I also don't recommend peppermint or citrus as these can be too stingy and drying on the skin.