

# Home Spa Night



2020 has been a very stressful and unpredictable year. It's easy to get caught up in life and forget to do some self care. Winter is quickly approaching meaning dry skin and early sunsets. Take advantage of this by practicing these recipes that will bring some brightness and moisture to your winter skin!

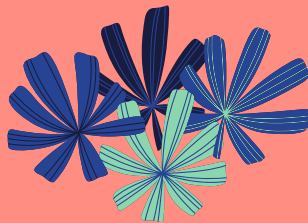
## EGG YOLK & TURMERIC FACE MASK

Ingredients:

1 tsp Olive oil

1 Egg yolk

1/2 tsp Turmeric



Add the egg yolk and turmeric to a bowl and whisk it until fluffy. After whisking, add the olive oil and mix well until it forms a light fluffy paste.

How to use: Wash your face and pat dry with a towel. Apply the mask with clean hands and leave the mask on for 15-20 minutes. Rinse with warm water and pat dry.

source: [girlygossips.com/egg-yolk-face-mask](http://girlygossips.com/egg-yolk-face-mask)

## DIY TURMERIC & GINGER BODY SCRUB

Ingredients:

30oz Sugar

2 tsp Turmeric (powder)

2/3oz Ginger essential oil

2oz Olive oil

Optional: 2oz Natural Castile liquid soap

Mix all ingredients in a large bowl making sure the sugar has been fully covered and the ingredients are fully intermingled. Store in individual containers or one large container. Makes 8oz.

How to Use: While in the shower or tub, rub the body scrub over areas that need exfoliating. After cleansing, rinse body thoroughly. Leaves skin soft & smooth!

source: [alifeadjacent.com/diy-pumpkin-face-mask](http://alifeadjacent.com/diy-pumpkin-face-mask)

