




Cicco. Body Care

*Honoring Your Microbiome
and Mother Nature*



Using an Herbal Mask

Herbal Masks are a wonderful way to topically employ the abilities of herbs and clays. Clays are drawing and absorptive. They are classified by their mineral elements. Ionic bonds cause other substances to “stick” to clay particles. This draws out excess oil and impurities. They also have antimicrobial properties when applied to skin. As a paste, clays cleanse, nourish, exfoliate and purify the skin. Mix 1 tsp of herbal mask with 1 tsp of water (you’re looking for a smooth paste that spreads evenly - a little thinner than the consistency of toothpaste). Generously apply paste to face, neck and/or chest. Take care to avoid sensitive areas around the eyes and mouth. Leave on skin for 10-15 minutes. **ALWAYS** keep your paste moist. **NEVER** allow paste to completely dry out and crack on skin as it can overly dry out the skin areas in contact, no matter your skin type. Wash gently with warm water. Pat dry.

-  Storage of unused mask should be in a cool, dry place out of direct sunlight (a linen closet is a great spot).
-  Once mixed with water, leftover mask must be stored in the refrigerator in a tightly sealed glass jar and used within a few days.
-  Use no more than three times per week.

“Your Body Is Your Temple.
Keep It Pure And Clean For The Soul To Reside In”
- B. K. S. IYENGAR