

# Honeydew and Raw Honey Hydrating Mask

Recipe by Seanna Cohen from Joyous Health

## Ingredients:

- 1 Tbsp of chilled, ripened honeydew (mashed)
- 1 Tbsp of raw honey
- 1-2 drops of vitamin E oil

## Instructions:

1. Mix ingredients together and use a cosmetic brush or your fingers to apply liberally onto freshly cleansed skin (face or body – but be warned it will be sticky!).
2. Let sit as a mask treatment for 20-30 minutes.
3. Rinse off with cool water and follow up with a hydrating serum and moisturizer.