

# Carrot Facial Masks

## Did You Know?

*By summer, you too could look as good as moi ...*



Carrots 🥕 Can Give You A Beautiful Skin! 😊❤️

Carotene is a component that contributes to the colour of the carrot and once it is absorbed into our body, it turns into Vitamin A.

It also functions to prevent further skin problems by forming a skin protective films to maintain balance for our skin.

- ✅ Cut a carrot in half. Grind it. Squeeze out the juice and replace it into a bowl.
- ✅ Mix 1 tbs honey and yokes with flour.
- ✅ Optional: put a thin cloth on your face and apply the mixture onto the cloth.
- ✅ Remove cloth after 20 minutes. Wash off excess using a steamed towel followed by a cold towel.

### Additional Facial Care Tip:

If your skin is oily, the effects can be maximized by adding egg whites and yogurt as it suppresses sebum (oil) secretion.

