

# GREEN TEA HONEY MASK for acne

My daughter is 14, and her face is covered with inflamed acne. She found honey mask may work to treat acne problem, and she thought mixing green tea powder in honey would be even better. We did an experiment and we saw an amazing result--the hot, red, wildly inflamed acne was calmed down and she had smooth skin just overnight!



Although still marks are visible, they were not bumpy, and the mask made a remarkable improvement.

*If you would like to try, this is what she did:*



- 1) Mix well 1 Tbsp. honey with 1/2 tsp. green tea powder. She used our organic MATCHA.
- 2) Apply green tea mixture over clean face. Be careful and do not apply near eyes!!
- 3) Leave the green tea honey mask for about 10 minutes. We recommend you not to move around--because the mask is drippy!
- 4) Rinse off with luke warm water. Pat dry with soft towel.
- 5) She also applied freshly squeezed lemon juice afterwards.
- 6) Take a good "beauty sleep" and see the result the following morning!

**We recommend this treatment every night. The above pictures were taken on Day 1, and her treatment is now Day 3...and her skin looks much, much better! Good Luck!!**