NATURAL
AVOCADO FACE MASK

nobilia®

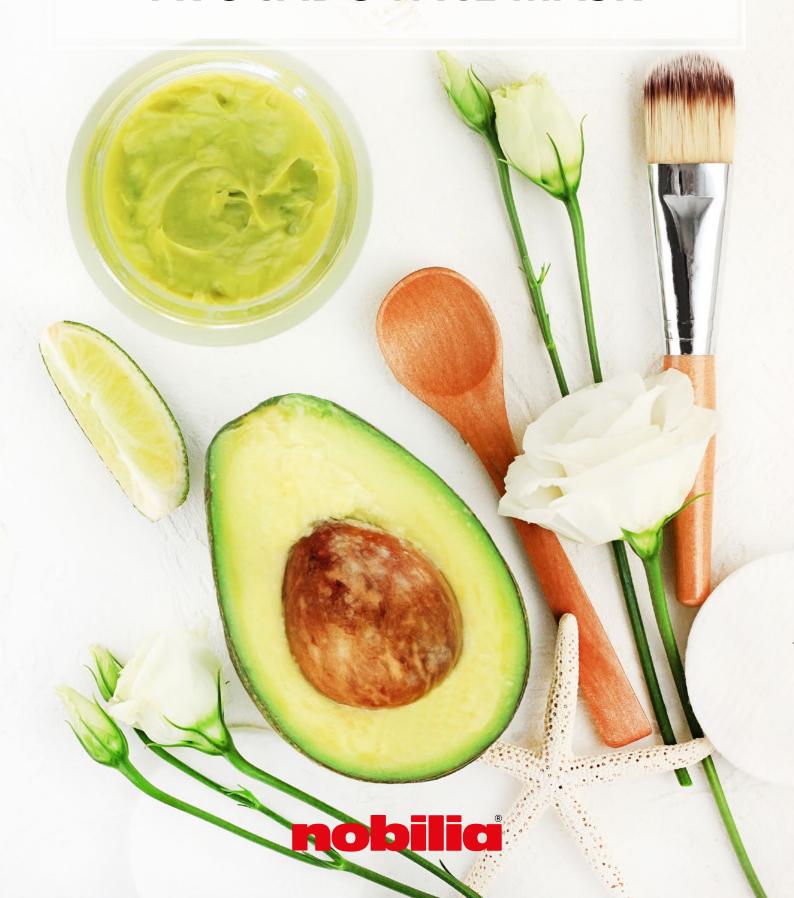# NATURAL AVOCADO FACE MASK
FRESHNESS BOOST IN THE BATHROOM

It's wonderful to relax in a bathroom with nobilia furniture – and also with a home-made avocado face mask for a personal pampering session! Enjoy pure wellness at home and help your face to relax. Avocados are wonderful for replenishing your skin's moisturisers.

METHOD

01. Cut lengthways around the middle of a ripe avocado until the knife touches the stone. Then you can simply twist the halves gently to separate them. You can easily remove the core with a spoon or knife.

02. Take one of the avocado halves and use a spoon to scoop out the flesh, leaving just the shell. Put the other half back in the fridge to eat later on.

03. Place the avocado flesh in a bowl and crush it with a fork until it is nice and mushy. Alternatively, process in a blender for a few moments.

04. Then add the honey, yoghurt, olive oil and milk, and combine well.

05. Now all you have to do is apply the mask. It's best to start by cleansing your face. Then apply the mask either with a brush or just by hand. Avoid the eye area.

06. After applying, leave it to work for about 15 minutes before rinsing the face with warm water. Now you can apply your skincare products just as you usually do.

TIP:
You can tell when an avocado is ripe because the skin will give slightly if you press it gently with a finger. If the skin is still very firm, it's better to leave it for a few days to ripen further.

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