

Grapefruit Cucumber Facial

1 packet Knox gelatin (~1 Tablespoon)

1/4 cup fresh squeezed grapefruit juice

1/4 cup peeled cucumber, pureed

directions: in a microwaveable safe bowl, combine gelatin and grapefruit juice. microwave on high for 30 seconds. stir to dissolve gelatin. in a food processor, puree cucumber until smooth. add cucumber to grapefruit mixture. stir to combine. refrigerate for 20 minutes until mask is almost set (should resemble jello). using your hands, apply mask to a freshly cleaned face. let sit 20-30 minutes. you should feel a slight tingly sensation from the grapefruit. once dry, wash away with warm water. splash cold water to close pores and blot dry with a towel. apply moisturizer.