

# Carrot Face Mask

Anti-Acne



## Items

- 2 carrots, peeled
- mixing bowl
- 1/4 cup canned pumpkin
- 1 tbsp yogurt
- 1 tbsp Manuka (or raw) honey

## Directions

- Cook the carrots until soft.
- Once cool, chop and mash the carrots with a fork.
- Add the pumpkin, yogurt, and honey, and mix well.
- Apply to your face and neck, wait 20 minutes, and rinse.

# Carrot Face Mask Recipe

**Dawn Gallagher, Melanie Menagh**



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