

► **MUD masque:**

BEST product for ACNE, ANTI-AGEING, TO SHRINK PORES:

When using MUD Masque:

1. Use 3x per week in the evening.
2. Cleanse your face with Charcoal soap (or any of our 100% natural soap or Cleansing milks). Rinse and pat dry with towel.
3. Put ½ teaspoon MUD masque on palm of your hand, drip a few drops of any *Diana's* Skin Toner on MUD masque and mix with 1 finger, until it forms a paste.
4. Apply all over skin, avoid areas around eyes and lips.
5. Leave on for max 15min.
6. Rinse with water, and pat dry with towel.
7. Now apply any *Diana's* Skin Toner. Wait until it is completely dry.
8. Now apply any *Diana's* Anti-Ageing serum or Natural Tissue serum (optional)
9. Now apply any *Diana's* Skin Cream. >>> ask us for recommendations.

OTHER USES of MUD masque:

- Spa Face Masque: Make a paste by mixing MUD masque with any *Diana's* skin toner. Apply to face. Rinse after 15 min.
- Spa Detox Bath: Add ¼ - 1 cup to bath. (Pulls toxins from body through pores of skin). Soak for up to 20 min.
- Spa Detox Shower: Make a paste with any *Diana's* toner, apply to whole body. Leave on for max 15 min. Wash off.
- Oral Health: Brush teeth with MUD masque to remove toxins, provide minerals and whiten teeth. Rinse thoroughly.
- Mastitis: Apply paste to breasts. Repeat hourly until infection is gone.