Revitalising lucuma face mask
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With 14 essential trace elements vital for skin health, Lucuma has been used topically for centuries as it promotes radiant skin.

Ingredients
Organic Argan Oil* - 1 teaspoon
Nourishing and soothing

Lucuma powder* - 2 teaspoons
Antioxidant rich

Raw honey - 1 teaspoon
Purifying and hydrating

Avocado - 1/2, ripe
Nourishing

Egg yolk - 1
Moisturising

Directions
1. Using a hand blender, blend all the ingredients into a paste
2. Use immediately, applying to cleansed dry skin
3. Leave on for 5 - 10 minutes
4. Rinse well with warm water and pat dry

Recipe by Suzanne Colston-Lynch, Head of Training at Neal’s Yard Remedies

*Available in Neal’s Yard Remedies stores and online at nealsyardremedies.com