

French Green Clay for All Skin Types

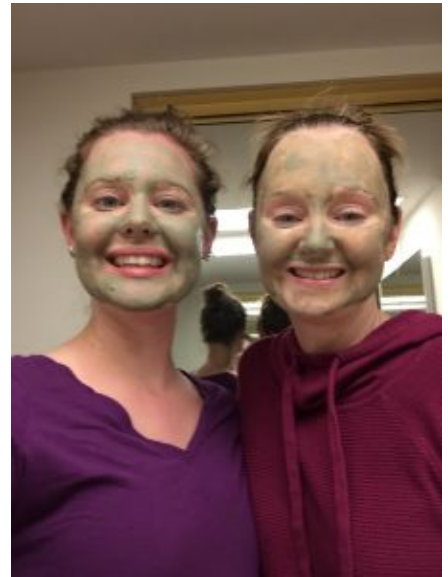


I love going to get a facial, but it's usually a rare treat for me. For about three days after, my skin glows and fine lines and wrinkles are diminished. Wouldn't it be nice to get similar results more often?

Well, my daughter Amber and I recently discovered we can when we use a French green clay mask. I've used bentonite clay powder before, mixing up a wonderfully effective bee-sting remedy for the occasional stings my husband and I get as beekeepers. But I hadn't tried any other type of clay until last week.

After reading about the benefits of green clay, I picked some up at my favorite place for such sundries, at the herb room at Good Earth health food store in Indianapolis. Amber and I

happened to be together



Amber and I loved our French green clay masks!

during a vacation, and we were both excited to try it. Even though we have different skin types, this green clay powder worked for us both.

Why are Clays Good for Your Skin?

First of all, all clays have absorbed goodness from the earth and help to rejuvenate the skin and protect it from aging. According to Valerie Worwood in *The Complete Book of Essential Oils & Aromatherapy*, green clay is the finest of clays and can be used for all types of skin including acne, oily, dry, and aging skin. I know it seems too good to be true, but it worked for my aging skin and Amber's oily skin. French clay is rich in the following minerals: calcium, magnesium, potassium, and sodium, and it energizes the connective tissue. It is also antiseptic, healing, and emollient, with the result being silky skin. Besides those more obvious results, it performs the important task of increasing the lymph flow and circulation, which helps to eliminate waste products from your

body.

What Did I Notice After Using my Green Clay Mask?

Here's what I noticed after washing off my face mask:

1. my skin felt silky
2. fine lines were diminished
3. my skin tone evened out

As a nice side benefit, just the very act of giving myself a home facial was very relaxing and pampering. Amber and I had so much fun doing this together too.

French Green Clay Recipe

This clay is very versatile. To make one application for a facial, here's a basic recipe:

- 3/4 tsp French green clay
- 1/2 -3/4 tsp liquid, depending on how thick you like the mask

I know this sounds like a tiny amount of clay, but trust me, it's enough for one application. Here's a picture of how much it made in my bowl and how much was left after I applied it.



Before applying (This is 3/4 tsp of clay and 3/4 tsp of liquid).

As far as the liquid goes, you can use water, but my favorite ingredient to use is rose hydrosol or rose water or another type of hydrosol. Or you could brew a cup of chamomile tea and add that to the clay. I like to use a tiny whisk, stirring until the mixture is smooth.

Once you have your liquid of choice mixed in, consider adding 1 drop of an essential oil. This ups the healing properties of the mask as it can be tailored to your skin type and makes it an aromatherapy experience as well.

Here are a few suggestions of essential oils to add based on skin type to get you started:

1. For acne, try adding 1 drop of tea tree or geranium essential oil.



After applying the French green clay to my skin.

2. For aging skin, add one drop of rose essential oil.
3. For sensitive, inflamed skin, add 1 drop of German or Roman chamomile.
4. To help you relax, try adding 1 drop of lavender.

The recipe is very adaptable to experimentation. If you don't have a local source for French green clay, you can purchase it from my Square Shop.

Let me know if you have used a green clay face mask and what your favorite facial recipe is.

eScentually yours,

