HEALTHY TIPS

Lemon & Baking Soda DIY Facial Mask: Get Rid of Dark Circles & Acne Permanently

By bestfolkmedicine · 01/04/2019 · 1 min read



Without doubt, baking soda is one of the most versatile ingredients today. Whether for cooking, cleaning or skin care, baking soda is there to help us! When it comes to skin care, baking soda can really boost your skin quality and help you fight off numerous different skin issues, from acne to blackheads and dark circles under the eyes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Having baking soda by your side means that you will not need to spend a small fortune on commercial skin care products or expose your skin to harmful chemicals. Baking soda is easily affordable and completely natural.

In today's article, check out our recipe for a DIY lemon and baking soda facial mask that is a definite must for a skin free of acne, dark circles, and blackheads, but a mask that will clear your skin and make it softer and naturally shiny!

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DIY Lemon & Baking Soda Facial Mask

You will need:

Juice from one organic lemon

2 tbsp of baking soda

4 drops of tea tree oil

Preparation: In a bowl, combine the ingredients to get a fine paste-like texture. If you have sensitive skin, make sure to add a bit of water.

Application: Apply a thin layer of the mask onto the face. Leave it on for 10 minutes before you rinse it off. Apply a natural moisturizer afterwards.

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For optimal results, repeat the process on a weekly basis.

The Benefits of the Ingredients

- ***Baking soda is an excellent way to remove dead skin cells.***
- ***Lemon juice is known to be of aid in restoring the skin's pH balance and removing any impurities***
- ***Tea tree oil works excellent in clearing out pimples and acne***

Sources:

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