



# The Chocolate Face Mask

At-Home 'Do it Yourself' Recipe



One of the many divine recipes from the 'Homemade Skin Care' eBook



## Chocolate Face Mask Recipe

Dark chocolate - better for your skin than you think! Here is how to use dark chocolate on your skin for a delicious moisturizing facial.

Ingredients:

1 bar dark chocolate  
3 tbsp salt  
1 cup milk

Method:

Mix the Milk and Salt in a small bowl, stirring until salt dissolves.  
Melt the Chocolate by placing a small bowl inside a saucepan  $\frac{1}{4}$  filled with water. Set the heat to medium.  
Break chocolate into pieces and place it into the bowl.  
Stir with a whisk for an even melt.  
When chocolate has completely melted, remove from heat.  
Add milk-salt mixture to the melted chocolate and stir together to combine.  
Cool the mixture to room temperature.  
Applying the Chocolate Face Mask  
Cover yourself with a towel so the melted chocolate doesn't drip on your clothing. Do not apply this mask until the chocolate mixture has cooled to room temperature.  
Apply to your face with a pastry brush or your hand.  
Leave for 15-20 minutes.  
Wash off with a mild cleanser and warm water.



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