

notes from the field

Location: *Sierra de la Ventana, Argentina*  
 Product Sourced: *Organic Lavender*  
 The Story: *With a temperate climate and similar elevation to that of France and Ukraine, our southern hemisphere source of organic lavender allows us to take advantage of the rotational crop cycle and provide fresh product year round. And we couldn't have found a better source—a family farm of more than 80 years working 6000 certified organic hectares. The purity of their lavender is unsurpassed as it is free from cross contamination—common to some growers.*



# herb savvy

## Tips for Top Facials:

- Cleanse your face thoroughly—or treat yourself to an herbal facial steam—before applying the mask.
- Soak in an herbal bath while your mask is working its magic. This is an especially good idea when your concoction is a messy one—when you're dripping oats, for example!
- Apply your mask to specific areas: If your "T zone" (nose, chin and forehead) is oily, you might apply more drying ingredients there and more moisturizing ingredients elsewhere, for example.
- Avoid the delicate area around your eyes when you apply your mask.
- Apply mask to your neck as well as your face.
- Leave masks on for 15 to 20 minutes. Rinse with warm, then cool water.



## Herbal Facial Masks

### How to make...

- » Softening Lavender Mask
- » Herbal Clay Mask
- » Sweet Yarrow Mask

... and more!



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15 fully grown	6,493 gallons	11 million Btu	726 pounds	1,416 pounds

Calculations based on research by Environmental Defense and other members of the Paper Task Force.

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# Q&A

## Mask Making...

Exact recipes aren't really needed, but here are some ideas to get you going.

### How do I prepare a facial steam?

The perfect prelude to an herbal mask, a facial steam is very easy to do. Simply place a small handful of herbs (chosen according to properties) in a large bowl. Pour boiling water over the herbs (half fill the bowl). Lean over the bowl, draping a large, lush towel over your head and the bowl (as a tent). Steam your face for about 15 to 20 minutes, until you feel that your pores are cleansed and your face is very wet. (If the steam is hot, you may want to come up for a breath of air now and then—don't burn yourself!)

In addition to the herbs used in facial masks, other good choices for steams include: bay leaves, licorice root, parsley, rose, and thyme.

### How often should I use an herbal mask?

It depends on the strength of the ingredients and the sensitivity of your skin. One sweeping recommendation is to give yourself a facial mask once a week to keep your skin cleansed, toned, and refreshed.

But you might want to use some masks less often than that (if you feel that a particular mask really strips your skin of oils, for example), and others more often (like an infused oil that calms and hydrates). Pay attention to how your own skin reacts. It'll quickly let you know what it needs and when.



To learn more about facial masks, visit [www.frontiercoop.com/facialmasks](http://www.frontiercoop.com/facialmasks)

### Softening Lavender Mask

Oats, almond and flax soften and smooth a tired complexion, while lavender calms and cleanses the skin. This one's a bit messy but fun!

- 1 teaspoon flax seed
- 1 tablespoon lavender flowers
- 1 tablespoon rolled oats, lightly ground
- 1 tablespoon almond meal

Pour 1 cup boiling water over the flax seed and lavender flowers. Simmer for one minute, turn off the heat, stir, and cover. Steep for about 15 minutes. Strain, reserving the liquid.

In a separate bowl, combine the rolled oats and almond meal. Add enough of the reserved water to make a paste.

### Chamomile Fruit Face

Chamomile—a gentle yet effective herb—cleanses, tones, and soothes at the same time. Adding a mashed fruit or vegetable to this recipe will add or enhance particular properties.

- 1 tablespoon chamomile flowers
- 1 mashed fruit or vegetable:

- banana for removing dead skin cells and energizing
- avocado for replenishing moisture and softening
- citrus fruits for toning and cleansing
- cucumbers to revive and lighten the skin

Grind chamomile flowers to a powder, then mix into mashed produce.

### Sweet Yarrow Mask

If your skin is dry or irritated, you'll find this combination of yarrow, honey, and egg soothing and nourishing. You'll love how smooth your skin feels after this facial!

- 1 tablespoon yarrow flowers
- 2 tablespoons honey
- 1 egg yolk
- 1 tablespoon yogurt
- dry milk powder

Pour 1 cup boiling water over the yarrow flowers. Simmer for one minute, turn off the heat, stir, and cover. Steep for about 10-15 minutes. Strain, reserving the liquid.

In a separate bowl, combine honey, egg yolk and yogurt. Stir in 1 teaspoon of the yarrow infusion. Add enough milk powder to make a paste.

### Herbal Clay Mask

Natural clay is renowned for drawing out impurities. The herbs in this recipe enhance the refreshing, cleansing qualities of the mask.

- 1 tablespoon lemongrass
- 1 tablespoon sage leaf, rubbed
- 1 teaspoon yogurt
- 1 teaspoon honey
- 1 teaspoon French clay powder (green, red, or white)

Pour 1 cup boiling water over the lemongrass and sage leaf. Simmer for one minute, turn off the heat, stir, and cover. Steep for about 10-15 minutes. Strain, reserving the liquid.

In a separate bowl, combine yogurt with the honey and green clay. Add 1 teaspoon of the herbal infusion to the clay mixture and stir well. (If it's too thick to spread, add more infusion; if it's too runny, add more clay powder.)

### Revitalizing Rosemary Mask

Rosemary is stimulating, cleansing, and revitalizing, while avocado oil helps replenish moisture and smooth the skin. Warm the oil before applying and plan to relax!

- ¼ cup sweet avocado oil
- 1 tablespoon rosemary leaf

Combine the avocado oil and the rosemary leaf in a small, clean glass jar. Cover and let stand in the sun for a day. Strain.



### Herbal Highlights

Customize your mask by adding herbs like these:

- To reduce large pores: coltsfoot leaf, elder flowers, lavender flowers, peppermint leaf, sage leaf
- To moisturize: comfrey leaf, elder flowers, red clover blossoms, yarrow flowers
- To reduce oiliness: dandelion leaf, lavender flowers, lemongrass
- To heal (blemishes and irritation) and soothe: elder flowers, lady's mantle, lavender flowers, linden flowers, peppermint leaf, rose petals, sassafras root bark, yarrow leaf
- To cleanse and tone: chamomile (German), comfrey root, comfrey leaf, elder flowers, lady's mantle, lemongrass, lovage root, nettle leaf, peppermint leaf, rosemary leaf, sage leaf, horsetail, yarrow flowers