

### **Pretty In Pink Facial**

The Pretty in Pink facial helps cleanse, exfoliate, moisturize and fortify your skin, leaving your face feeling young and supple. The facial uses all-natural ingredients and costs less than \$5!

#### Ingredients:

- Guava fruit
- Plain yogurt
- Chilled grapefruit slices
- Fresh-squeezed grapefruit juice

#### Procedure:

- Wash face with warm water
- Cut one ripe guava fruit into halves
- Remove seeds and cut the fruit into small pieces (Do not peel off the skin)
- Mix the guava and yogurt together to make a paste
- Using your fingers, rub the paste on your face in a circular motion
- Leave paste on for 10 minutes, then rinse the face with a warm cloth
- Dip a cotton ball in the grapefruit juice and lightly dab all over the face
- Do not rinse
- Let face dry and apply regular moisturizer

#### How it Works:

##### **Guava**

Guava fruit is an excellent natural source of astringents, agents responsible for shrinking tissues and dissolving oil. Guava is also a good source of potassium and vitamins A, B and C, which help keep skin glowing, fresh and wrinkle-free.

##### **Grapefruit**

Grapefruits are loaded with citric acid, an alpha-hydroxy acid, which helps exfoliate and loosen dead skin cells and polish dry skin. Grapefruits are also a natural astringent, which helps combat oily skin.

##### **Yogurt**

Plain low-fat or whole-milk yogurt contains lactic acid, which softens the skin, reduces wrinkles and helps hydrate dry areas.