



HONEY BUFF RECIPE:

(for face) : Makes 1
treatment.

Ingredients:

- 5 whole almonds
- 2 Tbsp uncooked oats
- 1 Tbsp honey
- 2 Tbsp yogurt

Instructions:

1. Grind almonds and oats in a blender until finely ground.
2. In a small glass bowl, mix all ingredients together.
3. Apply to wet skin and gently scrub in circular motion.
4. Rinse off with warm water.

