Matcha Honey Face Mask

Active Manuka Honey. The beneficial properties have received praise for hundreds of years, but did you know it also makes a highly effective ingredient in skincare? Combine the benefits of two powerhouse ingredients: Green tea and Active Manuka Honey in this easy-to-make face mask.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	10 mins	2

Ingredients

- 2 tsp Capilano Active Manuka Honey
- 1 tablespoon Matcha Green Tea
- 3-6 drops of your preferred essential oil
- ½ tablespoon boiled water

Method

1. Add all ingredients into a small bowl or jar, and use a Matcha Tea Whisk, fork or kitchen whisk to create a thick paste.
2. Apply liberally to damp skin and leave on for 15-20 minutes before rinsing off with warm water.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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