Matcha Honey Face Mask

Authentic 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 Raw and Unpasteurized Manuka Honey in this easy-to-make face mask.



SKILL LEVEL
Easy

PREP TIME
10 mins

SERVINGS
2

Ingredients

- 2 tsp Capilano Manuka Honey
- 1 tablespoon Matcha Green Tea

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.

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

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- 3-6 drops of your preferred essential oil
- ½ tablespoon boiled water

Method

2. Apply liberally to damp skin and leave on for 15-20 minutes before rinsing off with warm water.

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano 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, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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

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