

# DIY PROBIOTIC FACE MASKS

All of our face mask recipes use Natren's DIGESTA-LAC®. Use either the Dairy or the Dairy-Free formulas, Natasha personally prefers the Dairy version. If you have DIGESTA-LAC capsules use approximately three capsules per mask, if you have DIGESTA-LAC powder use approximately 1 teaspoon per mask.

The skin is our largest organ and home to its own unique set of microorganisms. The beneficial bacteria on the skin provide a layer of protection and compete for space with bad bacteria. Normal skin care, like daily face washing, can remove some of your beneficial skin flora and it may benefit you to replenish this natural barrier. DIGESTA-LAC contains *Lactobacillus bulgaricus* LB-51 super strain, the use of *L. bulgaricus* applied topically to the skin dates back at least a hundred years, there's even scientific studies from 1912 and reason to believe it was in use well before that!

These do-it-yourself probiotic face masks combine simple ingredients to nourish and replenish your skin. For best results, combine topical use with an oral probiotic like Natren's HEALTHY TRINITY to further replenish your skin from the inside-out!

## Irritated & Sensitive Skin Recipe

Mix approximately 1 tsp of DIGESTA-LAC powdered probiotic with equal parts pure Aloe Vera Gel to create your skin mask.

## Aging Skin Recipe

Mix approximately 1 tsp of DIGESTA-LAC powdered probiotic with equal parts pure Aloe Vera Gel. Add 2-3 drops of JoJoba Oil or Argan Oil (or both) to create your skin mask.



*"I just love this product it's so cooling to the face, makes my skin so smooth, and goes a long way. I use it 3 times a week and my skin looks great. I will always use this as my favorite mask." - Missy*

## APPLYING THE MASK

Gently apply the mixture to your face working it into the skin using a small, circular motion. Leave the mask on for **10 to 30 minutes**. After 10 minutes, your skin will feel moisturized. A 30-minute treatment offers deeper cleansing. Wash the mask off using warm water and pat your skin dry. The slightly gritty consistency of the probiotic powder acts as a **gentle exfoliator** removing dead skin and dirt, leaving you with a fresh face.

## AN IMPORTANT NOTE ON ALOE VERA GEL

If you have fresh aloe vera growing in your garden you can **learn how to harvest your own aloe vera gel here**. If you are purchasing aloe vera you need to know what to look for. **You want a product that contains virtually 100 percent aloe vera and little more**. Many aloe products say 100 percent on them, but that may not refer to the actual aloe vera content, it's an unfortunate trick and often refers to the product being gel, so **be weary of products that say "100% Gel" as that does not always equate to 100% Aloe Vera**. Read the label carefully before purchasing to see what other ingredients are in the product. Aloe Vera should be the first ingredient listed (indicating it's the main ingredient in the product). Most aloe products will contain some form of stabilizer if you're unsure about the other ingredients listed we suggest checking all ingredients at the **EWG's Skin Deep Cosmetic Database**.

## ADDING OTHER OILS

There are a multitude of oils and essential oils that can be added to your face mask to customize it for various skin care needs. **Keep in mind that many oils have natural antibacterial properties, because of this they may negatively affect the live beneficial probiotic bacteria in these face masks.**

In addition, some essential oils are photosensitive and can make your skin more sensitive to light. We suggest keeping the face mask simple as outlined in the recipes above. If you are treating your skin with other products known for their antibacterial properties, the face mask can be used as a follow up to help replenish the beneficial bacteria on your skin.



## PROBIOTIC RESEARCH UPDATE!

### Beauty from the Inside Out

In 2013 a randomized, human clinical trial published in *The Journal of Cutaneous Medicine and Surgery* used Natren's **HEALTHY TRINITY**, 1 capsule twice per day, in women with mild to moderate acne.

The women enrolled in the trial were divided into 3 study groups: Group A received probiotic only, Group B received a standard antibiotic only and Group C received both the probiotic and the antibiotic. All women were instructed to use a standard facial cleanser throughout the 12 week trial.

In the end, all treatment groups showed effectiveness over time, but the efficacy of probiotics alone and antibiotics alone were statistically the same, in other words, the probiotic and antibiotic worked equally as well! With the countless documented reports on the negative effects of overusing antibiotics; the participants taking only **HEALTHY TRINITY** were very pleased with the results, underscoring the strong connection between a healthy gut and healthy beautiful skin.

For the best overall skin care results, Natren recommends combining an oral probiotic like super strength **HEALTHY TRINITY** along with external application of these **DIGESTA-LAC** probiotic face mask recipes.

### Normal/Oily Skin Recipe

Mix approximately 1 tsp. of **DIGESTA-LAC** powdered probiotic with ½ tsp. **Water** (filtered and unchilled) to create your skin mask.

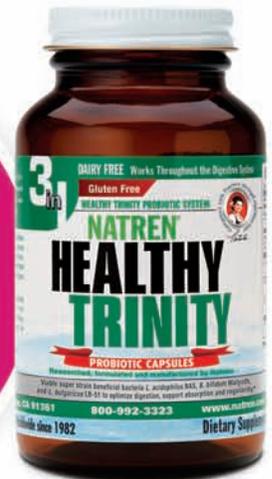
### Dry Skin Recipe

Mix approximately 1 tsp. of **DIGESTA-LAC** powdered probiotic with ½ tsp. **Whole Milk** to create your skin mask.

*\*Dry skin will also benefit from the Aging Skin Recipe*

### Combination Oily/ Dry Skin Recipe

For best results patch treat your skin. Use the Normal/Oily Recipe on your T-zone and chin and use the Dry or Aging Skin Recipe on the rest of your face. You can apply both in one sitting or at different times.



**NATREN**

THE PROBIOTIC PIONEER SINCE 1982



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