

Homemade Pumpkin Facial

Ingredients:

- 2 cups canned pumpkin
- 4 T vanilla yogurt
- 4 T honey
- 1 t pumpkin pie spice

Directions:

Grab your blender and combine two cups of canned pumpkin, four tablespoons of vanilla yogurt, 4 tablespoons of honey and 1 teaspoon of pumpkin pie spice. Mix and then put the pumpkin mixture on your face, leave on for 10 minutes and then rinse. Your face will feel hydrated and soft.

Pumpkin pigments fight wrinkles plus it is filled with Vitamins C, E and A as well as strong enzymes that cleanse the skin. So, it pays to play with your excess pumpkin to make an age-fighting pumpkin peel.



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