Face Mist

Recipe

A great refreshing mist for our face to use all day long (and night!)

❤️ INGREDIENTS

1. Green tea leaves - 2 tsp
2. Dried rose buds - 2 tsp
3. Filtered water - 100ml
4. Essential oils - optional
5. Spray bottle

❤️ RECIPE

- Bring the water to a temperature of 75 - 80 degrees Celsius
- Prepare the mixture of rose buds and green tea
- Pour hot water on the herbs and steep for 5 minutes
- Let it cool down
- Pour into spray bottle
- Add essential oils (optional)

❤️ NOTES

- Use this mist when your skin feels tired, dry, fatigued or when it just needs boost.
- Store it in the fridge to last longer and to keep it cool.
- Add vitamin E to prolong shelf life.
- This is a great mist for face. It is cheap and natural!
- You can carry it with you in your handbag.

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**Face Mist**

*Essential Oil Blends*

<table>
<thead>
<tr>
<th><strong>MORNING REFRESH MIST</strong></th>
<th>Add 3-5 drops of rosemary essential oil, 10 drops of almond oil</th>
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<tbody>
<tr>
<td><strong>COOL DOWN MIST</strong></td>
<td>Add 3-5 drops of eucalyptus essential oil</td>
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<tr>
<td><strong>CLEARING MIST</strong></td>
<td>Add 3-5 drops of tea tree oil</td>
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<tr>
<td><strong>MOISTURIZING MIST</strong></td>
<td>Add 10 drops of jojoba oil</td>
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<tr>
<td><strong>OVERNIGHT RELAXING MIST</strong></td>
<td>Add 3-5 drops of lavender essential oil</td>
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