

July

Friends and Family

Culinary Services Group
Your Dining Partner



Honey Avocado Face Mask

Ingredients

1/4 Cup Ripe Avocado

2 Tbsp. Raw Honey

1/2 tsp. Apple Cider Vinegar

Steps

1) Combine 1/4 cup avocado, 2 tablespoons honey, and 1/2 teaspoon vinegar in a mini food processor: process until smooth. (Alternatively, place in a small bowl; mash with a fork until smooth)

2) Apply a thin layer to clean, damp skin. Let dry, then rinse off and moisturize as desired. Oily skin types may not need additional moisturizer.

PLEASE NOTE: This makes enough for 2 to 3 applications and should be used immediately.



Here's What We're Up to This Month:

Suggested Activity: Self Pamper Day

Wellness Focus: Practicing self-care is a reminder to slow down, check in with yourself, and prioritize your well-being. Whether it's taking a walk, enjoying a healthy meal, or setting boundaries that protect your energy, small daily choices can lead to lasting positive change. Let's use this month to recharge, reflect, and care for ourselves the way we care for others.

Food for Thought:

Avocados aren't just good on toast; they're great for your skin too. Rich in healthy fats and antioxidants, avocado can be used in face masks to help moisturize and soothe dry or irritated skin.

Scan the QR Code! ▼

Try our recipe at home.



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