



## Matcha Manuka Honey Face Mask

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 Manuka Honey in this easy-to-make face mask.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**SERVINGS**  
2

### Ingredients

- 2 tsp [Capilano Active Manuka Honey](#)
- 1 Tbsp 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 [capilanothoney.com.au](https://capilanothoney.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 Tbsp 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



### ACTIVE MANUKA HONEY

#### Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active 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, bioactive Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

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

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