



# Matcha Manuka Honey Face Mask

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



SKILL LEVEL  
Easy

PREP TIME  
10 mins

SERVINGS  
2

## Ingredients

- 2 tsp [Capilano Manuka Honey](#)
- 1 tablespoon Matcha Green Tea
- 3-6 drops of your preferred essential oil

## 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.
2. Apply liberally to damp skin and leave on for 15-20 minutes before rinsing off with warm water.

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- ½ tablespoon boiled water

## Used in this recipe



### AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

#### 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 Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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