



# Matcha 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 Active 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 [capilanothoney.com.au](http://capilanothoney.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



### FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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