

Vitamin C is an antioxidant that slows the rate of free-radical damage preventing collagen damage, wrinkles, dry skin and may also prevent the consequences of long-term sun exposure.

## Honey & Vitamin C Face Mask

### Ingredients:

- 1 teaspoon raw organic honey
- 1/2 teaspoon fresh lemon juice

### Directions:

1. Mix all ingredients together.
2. Massage onto face ensuring all areas are covered, avoiding your eyes.
3. Leave mask on for 5 minutes to 1 hour.
4. Rinse off in a warm shower or with a wash cloth.
5. Use as needed for smooth, supple skin.



Source: <http://thenaturalpenguin.com/2015/09/luxurious-homemade-honey-vitamin-c-face-mask/>

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. Learn more at [www.rmalab.com/nutrigenomix](http://www.rmalab.com/nutrigenomix)