



**It is time to put a new face on things.**

**A well nourished and nurtured face.**

**A face free of environmental toxins and chemical products.**

**A smiling, glowing face, ready to greet the day brimming with love, light, and laughter.**

**Are you ready?**

**Here we go:**

**Step one:**

**Cucumber Calendula Citrus Cleansing Tea**

**Ingredients:** Exactly what is in the title, no more.

**Instructions:**

- **Boil spring or filtered water**
- **Place teabag in a cup**
- **Pour boiling water over it. Steep for 5 minutes while you prepare a washcloth, sit down, and take some deep breaths. Drink a glass of lemon water to cleanse you from the inside.**
- **Swirl the teabag around in the water a bit.**
- **Use teabag to dab and wipe face, cleansing all areas with warm water.**
- **Pour a bit of tea onto washcloth and cleanse face some more.**
- **Drink the rest of the tea.**

**Steaming instructions:**

- **Empty contents of teabag into a saucepan**
- **Add 1-2 cups of spring or filtered water**
- **Bring to a boil and simmer for 5 minutes with a lid on**
- **Place pan on a table and sit in front of it with a towel over your head enclosing your face over the pan**
- **Close your eyes and lift the lid. Adjust proximity of face to pan if steam is too hot.**
- **Breathe deeply**
- **Repeat if desired**

## **Step two:**

### **Apple Spice Exfoliating Mask with Face Food Tea**

#### **Ingredients:**

**Mask:** Apples, Cinnamon, Oats, Fennel, Hemp seeds, Chia seeds

**Tea:** Calendula, Comfrey, Plantain, Oatstraw, Cinnamon, Lemon Balm, Nettles, Rosehips

#### **Instructions:**

- Boil spring or filtered water and pour over teabag in a cup to steep for 5 minutes.
- Prepare a small teaspoon of the mask mixture in the empty glass container included in your kit.
- When tea is steeped, pour enough tea into the mask mixture to make a nice paste and stir.
- Dab and rub face with warm teabag.
- Apply the paste to face using small circular massage movements with your fingertips. Add more tea or mask mixture for the desired consistency.
- Sit back and relax for a few minutes and breathe deeply.
- Pour some of the tea on a washcloth when you are ready to remove the mask and gently wipe it off.
- Drink the rest of the tea.

#### **Alternate Steaming instructions:**

- While boiling water, empty contents of a second teabag into a saucepan and steam face as in step one with the Face Food Tea before and/or after the mask.

## **Step three:**

### **Cacao Honey Vanilla Hydrating Anti-oxidant Mask**

**Ingredients:** Just what the title says, no more.

#### **Instructions:**

- Make another cup of one of the teas to use for steaming and/or wiping the mask off.
- Apply dabs of the mask all over the face and massage it in. Don't worry if some of it gets in your mouth, enjoy it, it is totally edible and nutritious for you, inside and out.
- Tap your fingertips rhythmically all over your face feeling the stickiness lifting your skin.
- Brush upwards in short rhythmic strokes feeling the sticky lift.
- Lie back and relax for a few minutes.
- Place two of the teabags on your eyes.
- Feel free to doze off.
- When you wake up, pour some tea on a washcloth and gently wipe the mask off.

## **Part 4:**

### **New Day Face Serum**

**Ingredients:** Raspberry Seed Oil, Pomegranate Seed Oil, Apricot Kernel Oil, Rosehip Oil, Frankincense EO, Sandalwood EO, Lavender EO, Myrrh EO, Helichrysum EO, Rose EO

(This is the only product that I don't recommend eating because of the Essential Oil content. They are quite concentrated so use sparingly.)

#### **Instructions:**

- Roll the serum onto face wherever it needs renewal
- Massage gently with fingertips in small circular movements or holding pressure points.
- Breathe deeply and enjoy.
- Reheat any of the teas you have left and steam face again if you like.
- Drink any remaining teas.

**Congratulations! You have just completed a Green Graces Face Renewal.**

**All ingredients are organic and of the highest quality.**

**Regular application of these products will have your face glowing with vitality and vigor. Enjoy!**

**For a video version of these instructions please visit my website at [www.samamorningstar.com](http://www.samamorningstar.com). Look for the Herbal Delights page or simply subscribe to my site and request the video link in the notes.**

**You can also email me at [samananda108@gmail.com](mailto:samananda108@gmail.com) with any questions or future orders.**

**And follow me on Facebook (Sama Morningstar) to keep updated about upcoming products and services.**