

Natural SKINCARE MASKS

天然护肤面膜



01 SKIN BRIGHTENING 美白

Ingredients

- ¼ cup of natural unflavoured yoghurt
- 1 tablespoon of NewLife™ Pure Raw Honey

Benefits

- Yoghurt: A self-care favourite, yoghurt is packed with vitamins and minerals that hydrate and nourish the skin. Its lactic acid attracts moisture, reduces fine lines, and boosts elasticity. Yoghurt gently exfoliates, dissolving dead skin cells for faster renewal and a brighter complexion. By slowing melanin production, it helps even out skin tone and fade dark spots, acne scars, and blemishes. Yoghurt's anti-inflammatory properties soothe sunburns and irritation, while probiotics help repair UV damage and balance skin pH.
- Pure Raw Honey: With its humectant properties, honey attracts and locks in moisture, making it ideal for treating dry skin, eczema, and sunburns. The enzymes in raw honey deeply hydrate, leaving skin soft and glowing. Honey also exfoliates and promotes skin regeneration, helping to heal damaged areas.

Together, yoghurt and honey create a powerful duo for a brighter, more radiant complexion.

材料

- ¼杯天然原味酸奶
- 1汤匙新生命纯天然生蜂蜜

功效

- 酸奶：自我护理的宠儿，酸奶富含维生素和矿物质，能为肌肤补充水分和营养。其所含的乳酸能吸引水分，减少细纹，增强肌肤弹性。酸奶能够温和地去除角质，溶解死皮细胞，促进更快的新陈代谢和提亮肤色。通过减缓黑色素的产生，它有助于均匀肤色，淡化黑斑、痤疮疤痕和瑕疵。其抗炎特性有助于缓解晒伤和刺激，而其中的益生菌则有助于修复紫外线损伤并平衡皮肤酸碱值。
- 纯天然生蜂蜜：由于具有保湿特性，蜂蜜能吸引并锁住水分，是治疗干性皮肤、湿疹和晒伤的理想选择。生蜂蜜中的酶能够深层保湿，使皮肤柔软有光泽。蜂蜜还能去角质，促进肌肤再生，有助于修复受损区域。

共同作用下，酸奶和蜂蜜形成强大的组合，使肌肤更加明亮、光彩照人。

Ingredients

- ½ teaspoon of NewLife™ Spirulina Powder
- ½ teaspoon of NewLife™ Extra Virgin Coconut Oil
- 1 tablespoon of NewLife™ Pure Raw Honey

Benefits

- Spirulina: A powerful superfood rich in antioxidants, it helps reduce wrinkles, dark spots and blemishes while combating sun damage. It soothes inflammation, boosts skin tone, and promotes collagen production for youthful, radiant skin.
- Pure Raw Honey: Known for its soothing and hydrating properties, honey exfoliates and regenerates the skin, leaving it soft and glowing.
- Extra Virgin Coconut Oil: Known to boost collagen, fight free radicals, reduce dark spots, and support skin healing with its anti-inflammatory and moisturising benefits.

材料

- 半茶匙新生命螺旋藻粉
- 半茶匙新生命特级初榨纯鲜椰子油
- 1汤匙新生命纯天然生蜂蜜

功效

- 螺旋藻：这是一种富含抗氧化剂的强力超级食品，有助于减少皱纹、色斑和瑕疵，同时对抗阳光损伤。它能舒缓炎症，提升皮肤色调，促进胶原蛋白生成，使肌肤保持年轻、有光泽。
- 纯天然生蜂蜜：因其舒缓保湿的特性而闻名，蜂蜜能温和地去除角质和促进肌肤再生，使肌肤柔软有光泽。
- 特级初榨纯鲜椰子油：因其抗氧化和保湿特性而闻名，能促进胶原蛋白生成，对抗自由基，减少色斑，并支持皮肤愈合。

02 SKIN REPAIR 修复



03 ACNE CONTROL 痘控

Ingredients

- ¼ cup of natural unflavoured yoghurt
- 1 tablespoon of NewLife™ Manuka Honey
- 1-2 drops of NewLife™ Organic Wonda Oil

Benefits

- Yoghurt: Hydrates and restores skin, it also helps fade acne scars, dark circles, and blemishes while soothing sunburns and balancing skin pH.
- Manuka Honey: Thanks to its antibacterial, anti-inflammatory and antioxidant properties, manuka honey is a powerful acne treatment. It helps control sebum production, reducing acne-causing inflammation and redness. Its ability to promote skin healing, lock in moisture, and prevent infection also makes it effective for soothing irritation and supporting tissue repair, benefiting both acne and eczema-prone skin.
- Organic Wonda Oil: With its antibacterial properties, Wonda Oil helps treat acne, prevent hyperpigmentation and promote faster wound healing.

材料

- ¼杯天然原味酸奶
- 1汤匙新生命马努加蜂蜜
- 1-2滴新生命有机万宝油

功效

- 酸奶：保湿并恢复肌肤，它还能帮助淡化痤疮疤痕、黑眼圈和瑕疵，同时舒缓晒伤并平衡皮肤酸碱值。
- 马努加蜂蜜：马努加蜂蜜因其抗菌、抗炎和抗氧化特性而成为一种强大的祛痘治疗剂。它有助于控制皮脂分泌，减少痤疮引起的炎症和红肿。它促进皮肤愈合、锁住水分和防止感染的能力，也有效地舒缓刺激，支持组织修复，对易长痤疮和湿疹的肌肤有益。
- 有机万宝油：具有抗菌特性，能治疗痤疮，防止色素沉着，促进伤口更快愈合。

How to Use

These DIY masks are a simple, natural addition to your skincare routine. Easy to make and apply. For best results, use 1-2 times a week.

1. Cleanse your face and gently pat dry.
2. Apply the mask evenly and leave on for 10-15 minutes.
3. Rinse with warm water and pat dry.
4. Follow with your regular skincare routine.

如何使用

这些自制面膜是您护肤程序中简单、天然的补充。易于制作和使用。每周使用1-2次以达到最佳效果。

1. 清洁脸部，轻轻拍干。
2. 均匀地敷上面膜，静置10-15分钟。
3. 用温水冲洗并轻拍至干。
4. 接着进行日常的护肤步骤。

For a convenient, ready-to-use option, try our NewLife™ Organic Care Face & Body Scrub. The perfect addition to your skincare routine, it exfoliates, moisturises, firms, and brightens for smooth, hydrated, and radiant skin—no mixing required!

我们推荐使用新生命有机护理面部及身体磨砂膏。这是一种方便易用的产品，集去角质、保湿、紧致和提亮肤色于一体，为肌肤提供无负担的焕肤方案。它是护肤程序的完美补充，为您带来光滑、水润、紧致的肌肤，无需任何准备工作！