

## Papaya Facial

Papaya contains a compound called papain that helps digestion because it breaks down proteins. It makes an excellent facial, naturally high in vitamin C and E.

*Makes 1 1/2 cup of facial*

### **Ingredients**

1 cup fresh papaya, peeled and cubed

1/4 cup honey

1/4 cup whole almonds

### **Directions**

Blend all the ingredients in a blender or mini-chopper. Dot the facial over your nose and cheeks, shoulders and elbows. Allow to set 10-15 and wash away with a gentle facial cleanser. Store refrigerated, up to 4 days in an air-tight container.