

HAVE ACNE? FIGHT IT NATURALLY

LIKE MRS. SILL DOES!

1 time per week:

1 tbsp. Cinnamon (preferably organic)

1 tbsp. Warmed Honey (preferably local/organic)

½ tsp Sugar (preferably organic)

*Apply to skin in a circular motion and let it sit for a while (at least 15-30 minutes), rinse with cool water- NO SOAP- and pat dry.

2-3 times per week:

1 tbsp. Cinnamon (preferably organic)

1 tbsp. Warmed Honey (preferably local/organic)

*Apply to acne-prone areas and let sit for a while (15-30 minutes), rinse with cool water- NO SOAP- and pat dry.

EVERY NIGHT BEFORE BED:

Rub the INSIDE of a banana peel on your face in a circular motion; problem areas up to 5 minutes and keep on overnight.

TRY THIS FOR AT LEAST ONE WEEK AND SEE THE DIFFERENCE!!! 😊

*Please let me know if you have any questions!

-Mrs. Sill