

Seaweed is great to eat, and it is also wonderful for your skin because it is packed full of rich vitamins and minerals. The essential vitamins and antioxidants in seaweed include:
A1, B1, B2, B3, B6, B12, C, E, K, pantothenic acid, folic acid, ascorbic acid, niacin, and beta-carotene.

Seaweed is also known to help repair damaged skin cells, helps protect the skin from free radical damage, fight skin inflammation and irritation. Because of its nutritional properties, and the 54 trace elements found in seaweed, this amazing ocean wonder has been said to help slow down the aging process of the skin. Seaweed also protects the skin from harsh everyday elements. The minerals in seaweed help release toxins from the skin, making it great for detoxifying, or as a natural exfoliant. I am sure that you would love using rich seaweed on your skin
to rejuvenate, prevent wrinkles, hydrate, and brighten your skin. I am sharing with you a simple rejuvenating facial mask recipe, I hope that you will give it a try.

DIY Seaweed Facial Mask

1 Tablespoons of Sea Kelp Powder
2 Tablespoon of Warm Water
1 Tablespoon of Aloe Vera Gel
A Few Drops of Honey
5 Drops of Rosemary Essential Oil

Place the seaweed into a small bowl, add warm water and mix. Add aloe vera gel, honey and stir

until well mixed. Mix in about 5 drops of Rosemary essential oil to cover up the fishy smell. Feel free to add more water or clay, if needed, to reach your desired consistency.
Apply the seaweed mask to your face, leave on for up to 20 minutes, then rinse off with warm water and soft cloth. Use this seaweed mask up to twice a month as part of your typical skin care routine.

My face feels SO soft and refreshed after I use this mask.
Beware, that you kind of look like a swamp monster with this mask on your face.