



# GRAM FLOUR FACE MASK

## INGREDIENTS

1/4 cup of gram flour

Warm water

## INSTRUCTIONS

1. Put the gram flour in a ramekin.
2. Add warm water little at a time to make a paste.
3. Apply evenly to face, avoiding nostrils, eyes and lips.
4. Leave for 20-30 minutes, then wash off with warm water.



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Preparation Time: 5 min

Total Time: 5 min

Source: Family Recipe (Arkachari)