



Nature's Help



20 Best Homemade Turmeric Facial Masks

Turmeric holds an important place in every Indian kitchen. This yellow spice possesses antibacterial, antiseptic and anti-inflammatory properties and that's why; it has been used since ages to cure various skin conditions like stretch marks, wrinkles, pigmentation, acne, blemishes, dark spots, etc. Indian wedding rituals are said to be incomplete, if turmeric mask is not applied to the bridegroom and bride. Besides several health benefits, turmeric is also known to have many beauty benefits. It heals dry skin, slows down the aging process and makes the skin supple.

Here we have described some easy recipes to prepare turmeric based facial masks at home. It is recommended that instead of using turmeric powder that you utilize in regular cooking, buy some fresh turmeric sticks and grind them to form a powder. Use this powder to prepare your face masks.

1 Turmeric and Gram Flour Mask for Oily Skin

Ingredients:

Gram flour- 1 tablespoon
Turmeric powder- ½ teaspoon
Water

Method:

Mix turmeric powder and gram flour. Add a little water to the mixture for preparing a paste. Make sure that the consistency of the paste is not drippy.

How to apply?

Wash your face and pat dry. Then, apply an even layer of this paste on your neck and face. Let it dry completely. Use cold water to remove it. This mask should be used every day by those who have oily skin. It prevents acne and forms a protective layer on the skin.

2 Turmeric and Fuller's Earth Powder Mask for Normal Skin

Ingredients:

Rosewater- 1 teaspoon
Honey- 1 teaspoon
Turmeric powder- ½ teaspoon
Fuller's Earth powder- 1 tablespoon



Method:

Mix all the ingredients to make a paste that is easily spreadable.

How to apply?

Apply the mask on your neck and face. Keep it for 15-20 minutes. Rinse off with cold water. It is the best mask for normal skin. Turmeric and Fuller's Earth cleanse the skin by removing impurities. Honey locks in the moisture, keeping the skin hydrated.

3 Turmeric and Cream Face Mask for Dry Skin

Ingredients:

Rose water- 1 tablespoon

Turmeric powder- ½ teaspoon

Fresh cream- 1 tablespoon

Method:

Combine all the ingredients thoroughly.

How to apply?

Before application of this mask, steam your face for at least 5 minutes. It will open up the pores of the skin and let the mask penetrate deeply. Apply the mask on your neck and face. Wait for 20 minutes. Then, wash off with lukewarm water. The cream present in the paste moisturizes and hydrates the dry skin. Turmeric destroys the bacteria present deep in the skin pores.

4 Chickpea and Turmeric Face Mask for Acne Prone Skin

Ingredients:

Water

Lemon juice- 1 tablespoon

Chickpea powder- 1 tablespoon

Turmeric powder- 1 teaspoon

Method:

Mix together all the ingredients.

How to apply?

Spread the mask on your neck as well as face. Remove it with cold water when it gets dried.

Turmeric forms a protective shield on the skin to ward-off fungal and bacterial infections. Chickpea powder and lemon maintain the balance of skin's natural oil.



5 Turmeric Facial Mask for Sensitive Skin

Ingredients:

Water

Turmeric powder- 1 teaspoon

Method:

Mix a little amount of water in turmeric powder to make a paste.

How to apply?

Employ the mask on your face. When it dries, rinse off using cold water. It provides the needed protection and care to the sensitive skin.

6 Turmeric and Sandalwood Powder Mask for Glowing Skin

Ingredients:

Rose water (a few drops)

Honey- 1 teaspoon

Gram flour- 1 teaspoon

Yellow sandalwood powder- 1 teaspoon

Turmeric powder- ½ teaspoon

Method:

Form a spreadable paste by combining all the ingredients.

How to apply?

Spread an even layer of mask on your neck and face. Allow it to dry completely. Then, massage your face gently for at least 3-4 minutes with your wet fingertips. Afterwards, use chilled water to remove the mask. For best results, use it three times a week. It will give you not only an even tone, but also the desired glow.

7 Baking Soda and Turmeric Mask for Dull Skin

Ingredients:

Rose water- 1 teaspoon

Baking soda- 1 teaspoon

Turmeric powder- ½ teaspoon



Method:

Mix all these ingredients thoroughly.

How to apply?

Apply the paste on your face and neck. After 5 minutes, massage the facial skin with your wet fingertips for 5-7 minutes. Wash off with cold water. It exfoliates the skin, thereby removing gunk, sebum and dead skin cells. It also removes whiteheads and blackheads, and gives fresh and healthy look.

8 Turmeric and Mustard Oil Mask to Reduce Facial Hair

Ingredients:

Turmeric powder- ½ teaspoon
Gram flour- 1 teaspoon
Mustard oil/almond oil (a few drops)
Water

Method:

Prepare a thick paste by combining all the ingredients.

How to apply?

Spread the paste on your face. Leave it for 5 minutes. Gently rub in opposite direction to remove facial hair. It will pull away light and thin hair without resulting in redness or irritation.

Note- Don't use this mask, if your skin is sensitive.

9 Saffron and Turmeric Facial Mask

Ingredients:

Turmeric powder- ¼ teaspoon
Almond oil- ½ teaspoon
Lemon juice- ½ teaspoon
Saffron- 2 strips
Glycerin- 1 teaspoon
Rosewater- 1 teaspoon
Curd- 1 teaspoon
Aloe vera gel- 1 teaspoon
Organic honey- 2 teaspoon
Radish juice- 1 tablespoon
Carrot juice- 2 tablespoons



Method:

Make a uniform and smooth paste by mixing all the ingredients.

How to apply?

Apply the paste on clean face and neck with your fingertips. Rinse off with warm water after 20 minutes. Splash the cold water at the end. Use a clean towel to pat your skin dry. Then, massage a moisturizer.

10 Milk, Honey and Turmeric Mask

Ingredients:

Gram flour- 2 tablespoons (Use oatmeal, if gram flour is not available)
Milk
Organic honey
Turmeric- ¼ teaspoon

Method:

Mix turmeric powder and gram flour. Add honey and milk. Mix well to form a paste that can stay on your face.

How to apply?

Spread the mask on your face and neck. Let it sit for 10-15 minutes. Wash off with cold and warm water alternately. Finally, splash the cold water. Pat the skin dry and apply moisturizer.

11 Turmeric and Coconut Oil Facial Mask

Ingredients:

Coconut oil
Turmeric powder- ¼ teaspoon

Method:

Add coconut oil to turmeric powder, so as to prepare a smooth paste.

How to apply?

Apply it on your face and neck. Allow it to stay for at least 10 minutes. Then, wash off thoroughly. Coconut oil in the mask safeguards the skin from harmful microbes.



12 Turmeric-Lemon Juice Mask for Flawless Skin

Ingredients:

Milk
Lemon juice (a few drops)
Turmeric powder- 1 teaspoon
Gram flour- 1 tablespoon

Method:

Mix together turmeric powder and gram flour. Add lemon juice and mix well. Slowly pour milk to obtain a creamy paste.

How to apply?

Cleanse your neck and face. Apply the mask and leave it for 15-20 minutes. Wash off with warm water. Splash cold water and pat dry. Rub a light moisturizer.

13 Turmeric and Lentil Face Mask (For Oily, Acne-Prone Skin)

Ingredients:

Lentil powder- 1 tablespoon
Turmeric powder- ½ teaspoon
Oatmeal flour- 1 tablespoon
Water

Method:

Mix turmeric, oatmeal flour and lentil powder. Slowly add water and mix well to obtain a smooth paste.

How to apply?

Before applying the paste, cleanse your face and neck. Keep the mask until it dries. Wash alternately with cold and warm water. At the end, splash cold water. Pat dry and gently rub moisturizer. This organic facial mask is best to prevent acne.

14 Turmeric and Avocado Face Mask

Ingredients:

Yogurt- 1 teaspoon
Mashed avocado- 1 tablespoon
Turmeric powder- ¼ teaspoon



Method:

Blend the mashed avocado until you obtain a chunk-free smooth paste. Mix yogurt and turmeric powder with the pureed avocado.

How to apply?

Smear the paste on your face and neck. Allow it to dry for 5-10 minutes. Rinse off with cold water. This mask will rejuvenate your dull skin by nourishing and hydrating it.

15 Skin Tightening Turmeric-Egg Facial Mask

Ingredients:

Turmeric powder- 1/3 teaspoon
Egg white- 1
Oats- 1 tablespoon

Method:

Blend all these ingredients in a bowl.

How to apply?

Apply the mixture on your face. Scrub gently in circular motion. Wash off with cold water after 15 minutes. It tightens the sagging skin and retains the young look for longer.

16 Turmeric-Cocoa Powder Face Mask

Ingredients:

Gram flour - 1 tablespoon
Vitamin E oil or olive oil - 3-4 drops
Unsweetened cocoa powder - 1/2 teaspoon
Turmeric powder - 1/2 teaspoon
Egg yolk - 1
Milk - 2 tablespoon
Aspirin tablets - 2

Method:

Put aspirin tablets in a cup. Add milk and stir properly, so that, tablets get dissolved. Then, add cocoa powder, turmeric powder and egg yolk. Finally, add gram flour to get a paste. Pour a few drops of oil. Blend all the ingredients thoroughly.

How to apply?

Smear the paste on your face and let it sit till it dries. You may use plain water to rinse.



17 Turmeric and Honey Mask

Ingredients:

Honey- 1 tablespoon

Lemon juice- ½ teaspoon

Turmeric powder- ¼ teaspoon

Method:

Mix all the ingredients properly. If the paste gets runny, add a little amount of whole wheat flour or rice flour to obtain the desired consistency.

How to apply?

Rub the paste on your clean and dry face with your fingertips. Allow it to stay until it dries. Use warm water to wash off.

18 Turmeric - Soybean Face Mask

Ingredients:

Soybeans

Turmeric powder- 1 teaspoon

Method:

Soak handful of soybeans in warm water. Keep them soaked for at least 20-25 minutes. Next, drain out the water and blend the soybeans with turmeric powder to prepare a paste.

How to apply?

Cleanse your face. Apply the paste and allow it to dry. Use warm water to rinse it off.

19 Turmeric - Margosa Mask

Ingredients:

Turmeric powder

Margosa leaves

Method:

Crush a handful of margosa leaves. Add turmeric powder to the crushed leaves.

How to apply?

Spread the mask on your neck and face. Rinse off after a few minutes with lukewarm water. It's one of the best masks to cure acne.



20 Turmeric- Mint Juice Mask

Ingredients:

Turmeric powder
Mint juice

Method:

Mix these 2 ingredients to form a paste.

How to apply?

Smear the paste on the clean and dry face. When it dries, wash off with water.

So, choose the facial mask according to your skin type and get ready to be showered with a lot of compliments for your skin.

Source: <http://www.homeremedyshop.com/20-best-homemade-turmeric-facial-masks/>