

204 PARK

Best Face Masks

March 2, 2016

Over the past few months especially, I've really been trying to focus on taking better care of my skin. I've always been pretty good with making sure to cleanse and moisturise but as I get older I'm noticing changes in my skin. On weeks where I don't eat well and sleep enough or take the time to cleanse, tone and moisturise (I'm guilty of a few late night makeup remover wipe then pass out moves) that I see that reflected on my skin later in the week.



I have combination skin that's oily in some areas, dry in others and then some areas that vary and quite honestly, seem to do whatever the eff they feel like on any given day. lol In part of my process to take better care of my skin I'm realizing that being proactive and using masks to treat some of my trouble zones helps big time and over the past year I've experimented with a lot of masks and narrowed down my 4 favorite skin masks. Today I thought I'd share them with you; what they do, how they feel and smell and what to expect.

So, let's get started...

Mask 1: [Dr. Roebuck's Polish](#)

This mask is my most recent discovery but is so good that it had to be included in my round up. This mask is actually probably the least "mask-y" mask of the group as it's a 2-in-1 scrub and mask so it has a consistency that's actually more like an exfoliating cleanser. I love this mask because it's all natural and cruelty free (amazing) and uses natural jojoba beads, peppermint and grapefruit oil to exfoliate and has vitamin E to refresh your skin. To use you apply a thin layer to your face in a circular motion and allow to sit on your face for 2-3 minutes then wash away, exfoliating as you do so. This is a great quick mask so it's really easy to incorporate into your routine and it's also really easy to wash off. It has a soft peppermint scent and leaves your skin feeling amazing. Within about a minute of applying, your skin will feel fresh, that's the only way I can describe it. It's not a full tingle sensation but the peppermint and grapefruit oil make your skin feel fresh and bright - it's kind of the best feeling ever. For a quick mask that's crazy easy to use and not a lot of work - this mask definitely wins. And ICYMI, I'm giving one of my Canadian gals (or guy!) a chance to win this mask along with the Dr. Roebuck's cleanser and moisturiser so [head on over here to enter!](#)

