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Do you need to try an avocado face mask?

It's safe to say that avocado has become a trendy food in recent years, with avocado on toast becoming a staple breakfast for many. Did you know that avocado production reached 8.1 million tons in 2020? But avocado isn't just appearing on our plates, you can even use it as a face mask!

What are the benefits of an avocado face mask?

Plenty of skincare lovers swear by avocado face masks, but how exactly do they work and what are the benefits?

Increasing moisture

Avocado face masks can hydrate the skin in a natural way, without all the fancy products. Avocado face masks contain vitamins A and E, which are responsible for moisturisation. If you have a particularly dry skin type, an avocado face mask can help to moisturise the deeper layers of your skin, rather than just hydrating the surface.

Reducing inflammation

The PUFAs (polyunsaturated fatty acids) in olive oil help reduce inflammation, so mixing olive oil with avocado to create a mask can restore radiance and give you glowing skin. The healthy fats in avocado, as well as its antioxidants and vitamins, can reduce redness and puffiness.

Deep cleansing

An avocado face mask penetrates deep into your pores to unclog them, ridding your skin of dead cells, oils, products, and dirt, allowing your face to feel cleansed and refreshed afterwards, without the use of harsh chemicals. This is all thanks to the power of retinol (a yellow compound found in green and yellow vegetables), amino acids, and glutamine, which draw away dead skin cells in ways that common chemical peels might not.

Healing acne

Acne develops due to abnormal secretion of oil or sebum (a waxy substance produced by the body's sebaceous glands). This results in clogged pores and increased bacterial activity as the skin attracts more dirt. Thanks to the antimicrobial properties in avocado oil, it cleanses deep into the pores, removing impurities to help eradicate [acne](#). An avocado face mask might be especially soothing if your acne is red, swollen, or [painful to touch](#). It can also help to [prevent future breakouts](#).

Tackling signs of ageing

Vitamin A not only helps with moisture - it also helps to revive tired skin. Vitamin A helps the skin to produce new cells, restoring natural collagen, and offering a revitalised, tightened look free from fine lines. While smothering your face in avocado isn't going to annihilate deep-set wrinkles completely (plus, [ageing](#) is a natural process, and not one to be ashamed of), the antioxidants in the avocado face mask can minimise the appearance of dark spots which contribute to you looking tired.

How to make a homemade avocado face mask

You can buy ready-made avocado face masks from plenty of popular skincare brands, such as Kiehl's, Origins, and Paula's Choice. They're also available in sheet form. But, if you fancy whipping up your own, it shouldn't be too difficult or expensive.

We could talk all day about the wide range of avocado face mask recipes, but the take-home point is that they're pretty easy to make yourself. It might take some trial and error, though, and reading up on ingredients to assess what will work best for your skin type.

Different homemade avocado face mask recipes

These include:

- Avocado and honey.
- Avocado, honey, and orange.
- Avocado and yoghurt.
- Avocado and apricot.
- Avocado and rolled oats.
- Avocado, banana, and egg.
- Avocado and coconut oil.

When making an avocado face mask, the steps tend to be the same regardless of the ingredients. This means combining everything in a blender (or by hand) until completely smooth. Then, mash it up in a bowl with a fork until spreadable.

You should wash and dry your face before applying the mask. Apply it evenly over your face and neck before letting it sit for around 20 minutes (perfect for a pamper evening); then wash the mask off with water.

Top tip: put your mask in the fridge for a few minutes before applying it. Not only can the cool temperature aid with reducing pores, but it also feels really relaxing.

Are there any side effects of an avocado face mask?

Because avocado face masks are natural and gentle, they are less likely to cause issues associated with harsher masks, such as redness, moderate irritation, and peeling.

There is no evidence to suggest serious side effects associated with avocado face masks but, if you have any kind of fruit or vegetable allergy, it's wise to discuss it with a dermatologist or skincare expert first.

Can avocado face masks burn your face?

If you are concerned about a possible allergic reaction to an avocado face mask, you should perform a patch test before using a mask over your whole face.

A patch test involves applying a small amount of avocado or avocado oil to the inside of your elbow or wrist. If you have any reaction (such as itching, redness, swelling, or burning) or experience sensitivity to avocado or the oil, it should appear within a few hours. If you don't have a reaction, it's safe to presume you can use it on your face.

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