

Diddanu a Thawelu'r croen

Soothe and Calm your skin

- 1 llwy te mêl / 1 tsp honey
- 1 llwy te olew coconyt / 1 tsp coconut oil
- ¼ afocado aeddfed / ripe avocado
- 2 diferyn olew lafant / 2 drops lavender oil

Cymysgwch popeth mewn powlen a rhowch ar eich wyneb gyda dwylo glân neu defnyddiwch frwsh mwgwd i'r wyneb i gael profiad o fod mewn sba yn y tŷ!

Mix everything together in a bowl and put it on your face with clean hands or use a face mask brush for the ultimate at-home spa experience!

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https://www.elle.com/uk/beauty/skin/articles/a38190/homemade-diy-face-mask-recipes