



How to make your own

# vitamin D face mask

Often called the 'sunshine vitamin', vitamin D plays an integral role in skin protection and rejuvenation. In its active form as calcitriol, vitamin D contributes to skin cell growth, repair, and metabolism. It enhances the skin's immune system and helps to destroy free radicals that can cause premature ageing. Vitamin D supplements have also been found to improve conditions such as acne and psoriasis.

Our bodies produce vitamin D on their own through sun exposure. Over time, however, the sun can damage this delicate organ, leading to wrinkles, sunspots, and an increased risk of skin cancer.

When sun exposure is limited, such as in the winter months, it's important to top-up levels of vitamin D through your diet and supplements. Applying vitamin D topically can also help maintain good skin health and effectively improve some skin conditions.

## RECIPE



### Ingredients:

- 1 egg yolk
- 2 tablespoons plain yoghurt
- 2 tablespoons ground oats

### Instructions:

Mix all ingredients together. Apply the mixture to your face and rinse with lukewarm water after 15 minutes.

### Benefits

This vitamin D face mask will leave your skin feeling soft and cleansed. The egg yolk and yoghurt are rich sources of vitamin D, as well as having anti-inflammatory properties that will help to calm down redness, while the oats will act as a mild exfoliator.