

# SELF

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TRENDING  
By Korin Miller

## 3 DIY Face Mask Ingredients To Think Twice About

One beauty blogger says ingredients like cayenne pepper and lemon juice are great for glowy skin, but experts aren't so sure.



Instagram is packed with DIY skincare recipes that promise to give you glowing skin in minutes—and beauty blogger Rochelle Wickramasuriya's cayenne pepper face mask is no exception. "Get the J.Lo glow using all-natural products," Wickramasuriya wrote in the caption next to an Instagram video explaining how to make the mask. Her recipe calls for whole milk, lemon juice, a "pinch" of cayenne pepper, cinnamon powder, and honey. According to Wickramasuriya, her face mask "instantly" gives you glowing skin that's brighter and tighter than before.



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📺 1 1/2 Cups of Whole Milk (enough to make 1.5 Tbsp) 📺 1 Tbsp Lemon Juice 📺 Pinch Cayenne Pepper\*\* (increase upto 1/3 tsp upon testing. I've added 1/3tsp) 📺 1/4 tsp Cinnamon powder 📺 1/2 Tsp Honey

----- ✖️Add lemon juice to milk just before it reaches boiling point. Once curdled, separate the milk fat and whip it until it becomes smooth in texture. Leave in fridge to chill. Alternatively cottage cheese, yoghurt or curd can be used to substitute milk fat. ✖️Mix Cayenne Pepper, Cinnamon, honey with the milk fat. Apply all over face avoiding the eyes and other sensitive areas. ✖️Leave it on for 30-45 mins until it dries. Wash it off and VOILA! Glowing skin!

----- 📺 ----- ✓Instantly adds a glow to the skin ✓Brightens skin ✓Tightens skin ✓Stimulates blood flow ✓The main ingredient Cayenne pepper which is enriched in Vitamins and antioxidants increases collagen production and also helps reduce/prevent wrinkles,acne scars and pigmentation. Its anti inflammatory properties also helps tackle acne and scarring. -----

\*\*\*DISCLAIMER - consult your physician

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Instagram

She's not the only one to tout the benefits of the cayenne pepper face mask—there are several variations of it online. But experts say it's not for everyone. "That is a recipe for severe dermatitis," or a rash caused by irritation, New York City dermatologist Doris Day, M.D., author of *Forget the Facelift*, tells SELF. Spices like **cayenne pepper and cinnamon** are irritants, she says, and the pepper can actually burn your skin if you use too much of it or if you have sensitive skin. "You might have a 'glow' after trying this, but I don't know how healthy it will look," says Day.

But Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, tells SELF that cayenne pepper or some derivative of it has been used in skin treatments for a while. "The main ingredient is capsaicin, and that has been used to relieve itching and dull skin," he says. "[Cayenne] pepper may also have anti-inflammatory and antioxidant properties." However, that doesn't mean it's safe to raid your spice cabinet for facial treatments: "Too much [cayenne pepper] can cause skin irritation and burning," says Goldenberg.

The **lemon juice** can be problematic, too. "Lemon juice is a photosensitizer, [meaning it can] fry skin," Day says. It can also cause phytophotodermatitis, aka "margarita burn," a condition that happens when skin that's been in contact with citrus fruit juice or another potential chemical irritant is exposed to UV rays.

Obviously, the caveat is that this face mask works for Wickramasuriya, whose skin is undeniably gorgeous as all get-out. But there are much safer, dermatologist-sanctioned ways to get glowing skin that are less likely to cause a scary reaction, and if you're committed to trying this, definitely talk with your dermatologist first just to be safe. "You may be the exception who can get away with something like this, but you just don't know how your skin will react," Day says.

Otherwise, the three steps Goldenberg recommends to his patients who are after bright skin are "a gentle cleanser, twice daily moisturizer (with sunscreen every morning), and a vitamin A cream at night, such as retin-A or retinol."

Day also recommends drinking plenty of water, regularly getting to bed at a decent time, and eating a diet low in salt and processed foods. Unless you have any unrelated skin issues, you should eventually see an improvement. "Glowing skin is a sign of a healthy body," says Day. "It doesn't happen in five minutes."