

DIY Face Masks for Every Skin Type

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The Basics of “How to Do a Facial at Home”

Before applying any homemade face mask, it's essential to prep your skin correctly. Here's a simple step-by-step facial at-home routine:

1. **Cleanse:** Use a gentle cleanser to remove dirt and oil.
2. **Exfoliate:** Try an oatmeal scrub to remove dead skin.
3. **Steam:** Hold your face over a bowl of hot water for 5 minutes to open pores.
4. **Apply a DIY face mask:** Choose one suited to your skin type.
5. **Tone:** Apply rose water (yes, rosewater acts as a natural toner).
6. **Moisturize:** Seal hydration with aloe vera gel or a light moisturizer.

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1. Dry Skin: Hydration and Nourishment

Dry skin often feels tight and uncomfortable, which is why it needs extra hydration and soothing care. Firstly nourishing homemade face mask can be made by combining two tablespoons of honey with one tablespoon of mashed avocado. Secondly the honey works to lock in moisture, while avocado delivers vitamin E to support skin health. Olive oil, rich in fatty acids, restores elasticity and softness. Together, these ingredients form a deeply hydrating mask that not only soothes dryness but also acts as a protective winter skincare solution.

2. Oily Skin: Balancing and Oil Control

Excess oil production can lead to clogged pores, breakouts, and an uneven complexion. However to counter this, the best approach is a face pack for oily skin that balances sebum without stripping away natural moisture. Mix two tablespoons of Multani mitti (Fuller's earth) with one tablespoon of rose water and a few drops of lemon juice. Since multani mitti works as a natural oil absorber, rose water refreshes and tones the skin, while lemon juice brightens and helps fade scars.

3. Sensitive Skin: Soothing and Calming

Sensitive skin responds well to a soothing oatmeal, yogurt, and honey mix that calms redness and hydrates gently. This combination provides a gentle exfoliation while nourishing the skin, making it ideal for those with sensitivities.

4. Combination Skin: Targeted Treatment

Combination skin benefits from multi-masking, applying a clay mask on the oily T-zone and a honey-yogurt mask on drier areas for balanced care. Therefore approach ensures each area of the face receives the appropriate treatment it needs.

Homemade Face Packs for Glowing Skin

1. Turmeric Glow Pack

For natural radiance, try a turmeric glow pack made with turmeric, gram flour, and milk. It brightens, evens skin tone, and also acts as a homemade face pack for skin brightening, thanks to turmeric's anti-pigmentation properties.

2. Instant Glow Face Pack

When you need a quick pick-me-up, mix yogurt, honey, and lemon juice for a five-minute instant glow face pack at home. It hydrates, smooths, and adds a fresh brightness before any event.

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