

# The Oil Cleansing Method

## *5 simple steps*

### STEP 1

Grab a washcloth + a few oils, and wash your hands

### STEP 2

Massage the mixture into your skin using your hands

### STEP 3

Lay a very warm washcloth over your face for 15-30 seconds

### STEP 4

Repeat; re-wet the cloth with very warm water and lay it on your face until it cools, about 30 seconds.

### STEP 5

Use the washcloth to gently wipe off the oil. All done!

