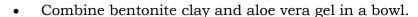# A Clockwork Orange

Referencing the iconic movie "Clockwork Orange" may be turning back the hand of time but vitamin C is the number one anti-aging nutrient for black skin. A basic vitamin C serum is beneficial to add to your skincare regime. A serum is a concentrated elixir of vitamins to be used after a facial toner and right before applying moisturizer.

This DIY facial mask recipe with sweet orange essential oil is both detoxifying and clarifying:

- 1 tablespoon of Aztec Secret bentonite clay (everyone needs a jar)
- 1 tablespoon of water (add more for thinner consistency)
- 1 tablespoon of aloe vera
- 2 drops of sweet orange essential oil

Directions:

- Combine bentonite clay and aloe vera gel in a bowl.
- Add distilled water and stir until smooth paste forms.
- Add essential oils and continue to stir.
- Smooth onto clean, slightly damp face.
- Sit back, relax, and be still for 15 minutes to allow face mask to dry.
- After 15 minutes, rinse off with soft washcloth and warm water.