

The 9 Best Natural Face Masks For Every Skin Type

The best part? None of them involve wasting time DIYing in the kitchen.

[Christina Heiser](#) May 8, 2018



Getty Images

Your skincare routine might consist of just the basics—cleanser, moisturizer, and [sunscreen](#)—but sometimes it pays to take things a step further. Using a face mask on the regular is a great way to address your specific skin type’s concerns. And if you’re looking to keep chemicals away from your skin, you’re in luck—there are plenty of natural face masks you can try, and none of them involve wasting time DIYing in the kitchen.

While there’s little regulation of the term “natural,” the FDA does expect products that label themselves “all-natural” or “100-percent natural” to actually be free of all synthetic ingredients, says Brittany Buhalog, MD, a dermatologist in Madison, Wisconsin. “If a product states it is ‘natural,’ it is

expected to have a majority of plant-based ingredients,” she says. Still, you’ll want to scan the ingredient list to make sure it’s truly free of chemicals like parabens and phthalates.

According to the [Environmental Working Group](#), the majority of chemicals in personal care products have not been evaluated for safety. You may have heard about certain ingredients—like phthalates—being linked to an increased risk of cancer, but the [American Cancer Society](#) says there aren’t any long-term studies in humans to truly make this claim. That said, if you feel more comfortable using ingredients you’re familiar with, then natural skincare products might be a great option for you, says Dr. Buhalog.

However, just because a product is natural doesn’t mean it won’t wreak havoc on your skin. “I can’t tell you how many of my patients have come to me with allergic reactions to coconut oil, tea tree oil, beeswax-containing products, and more,” says Adarsh Vijay Mudgil, MD, medical director of [Mudgil Dermatology](#) in New York City. Other common offenders include balsam of Peru (cinnamon, vanilla, and cloves belong to this family of plants), limonene, linalool, lavender, propolis, and “fragrance” (a blend of natural and synthetic scents). That’s why people with sensitive skin issues, like [eczema](#), should try to steer clear of natural products, or at least talk to their dermatologist before trying one out.

If you want to go give all-natural a go, there is a mask out there for every skin type. With the help of Dr. Mudgil, Dr. Buhalog, and Elle Feldman, esthetician and co-owner of [Good Skin Day](#), we rounded up nine natural face masks your complexion will thank you for.



3

Alchimie Forever Kantic Brightening Moisture Mask

Alchimie Forever of Switzerland
dermstore.com
\$60.00

[SHOP NOW](#)

Headed on a long plane ride? Feldman loves wearing this ultra-creamy natural face mask in flight. Cabin air is drying —but this face mask (which is suitable for all skin types) is chock full of brightening blueberries and hydrating vitamin E to bring your complexion back to life.



6

One Love Organics Love + Charcoal Masque

One Love Organics
dermstore.com
\$49.00

SHOP NOW

Charcoal masks are all the rage, and for good reason. This option is awesome for oily and congested skin, says Feldman. Activated charcoal acts like a magnet to get rid of dirt in your pores, rose clay sops up excess oil, and organic aloe vera and Cupuacu butter ensure your skin doesn't become dehydrated.