



Sheet masks are all the rage at the moment. This is because they are a great way to get the most out of your skin. **Grace Mantju** shows you how to apply them properly.

# SHEET MASKS

for the win!

Beauty editor's tip

If the sheet mask is watery, then you need to moisturise your skin afterwards. But if it is thick, there is no need to follow up with a moisturiser.

## GERALDINE

Height 176cm/5'9.5" Bust 86cm/34" Waist 64cm/25" Hips 93cm/36.5"  
Shoe 39.5 EU/8.5 US/6 UK

### YOUR BEAUTY TUTORIAL

If you haven't tried a sheet mask yet, you need to do so ASAP! This skincare staple is ditched in instant-pouches, so it's ready to mask up your skin. If you've been struggling to apply your mask properly, follow this easy step-by-step guide.

**STEP 1**  
Cleanse your face to prep your skin, so that you start with a clean base.

**STEP 2**  
Don't forget to tone the skin. Toners are effective at balancing the pH level and removing any remains of the cleanser left by your cleanser.

**STEP 3**  
Timing is everything. Unfold your mask and put it on your face for 20 minutes. Remove and pat the remaining serum into your skin. If you leave the mask on for too long and it dries out, it will suck moisture out of your skin. Don't remove the excess product with a towel; rather use it on your neck and hands.

**FREEMAN** Pading Beautiful Deep-Clearing Tea Tree + Blackberry Sheet Mask, **R49**

**PONDS** Firming Serum Mask, **R49**

**MINERAL** Hydrating Sheet Mask, **R49**

**GARNIER** SKINACTIVE HYDRA BOMB Garnier SkinActive Moisture Bomb Toner Mask, **R39.95**

**W-BEAUTY** Blemish Control Sheet Mask, **R25**

**PORE REFINING** Dermacin TS Pore Refining Facial Sheet Mask, **R49.95**

ENGLISH | OCTOBER 2019 | **SONA.CO.ZA** | 27



Office Park 30, River bend street, Fourways, Johannesburg, South africa  
Tel: + 27 79 707 5550 | Mobile: + 27 79 707 5550  
E-mail: [fabulousdotcom@gmail.com](mailto:fabulousdotcom@gmail.com) | [info@fabulousdotcom.co.za](mailto:info@fabulousdotcom.co.za)