



## Give yourself a (facial) Boost!



We all need a little boost in our lives- *the extra oomph here and there to help with our goals*. This applies to our skin & beauty routine as well. If your face has been feeling a bit blah lately, I recommend checking out the new facial mask by **Somme Institute** called **Boost**. It's a gentle mask that actually warms up when it's left on your skin, due to a key ingredient zeolite. I usually leave a thin layer of the mask on for about 4-5 minutes or when it hardens. I also replace cleansing w/ a mask sometimes to save some time.

The Boost mask is great for my combination skin b/c it contains kaolin to absorb the oil on my face. What makes this mask unique is its patented technology and it uses pumpkin enzymes to help with cellular regeneration. I haven't tried any other mask before that has this warm, pumpkin pie scent! It really smells like the holidays- Thanksgiving anyone?

Overall, I enjoyed using this mask because my face looks and feels a lot more energized and refreshed. Along with weekly exfoliation, this facial mask will help you get that boost come winter time! Available at select online retailers and **Somme Institute** here.

(Disclaimer: I received this product from this company to test, try and share my thoughts with my readers.)

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