

Make Your Own Fresh Facemask

It's pamper time! Time to treat our skin and relax while having fun! Like our heart and brain, our skin is also an organ. It is actually our body's largest organ! Our skin is constantly protecting us from infections, fighting off bad bacteria and stopping us from getting sick.

It is important to thank our skin for looking after us by caring for it too, and giving it a special treat now and again. A fresh facial is the perfect way to thank your skin - clean skin is happy skin, so let's get going!

Yoghurt and Honey mask

Yoghurt is a natural cleanser. It is rich in zinc, calcium and vitamin B which protect the skin and keep it healthy. Honey is a natural antibacterial which helps the skin to fight off infections.

What you will need:

- › 1 teaspoon of natural yoghurt
- › Sliced cucumber
- › Clean face cloth
- › Soap

Let's get pampering!

Step 1: Gather all your ingredients and equipment.

Step 2: Wash your hands and face with soap and water.

Step 3: Mix together your natural yoghurt and a squeeze of honey.

Step 4: Spread the mask evenly to your face and place your cucumber slices over your eyes. Now lay down and relax!

Step 5: After 10 minutes wash off the mask with warm water and watch your skin glow!



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