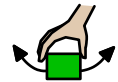
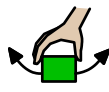


Follow the recipes to make a face mask. You might



use different ingredients to the ingredients I have used.



When you are finished, use a cloth, brush or your hands



to put the mask on your face.



You can relax and listen to calm music or do some



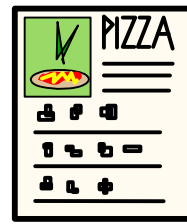
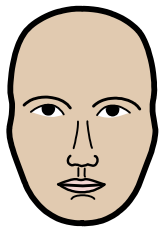
mindful activities.



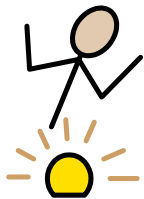
When you are ready, wash the mask off your face



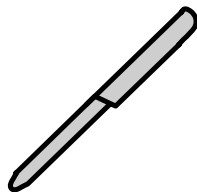
using warm water and a flannel or your hands.



Face mask recipe

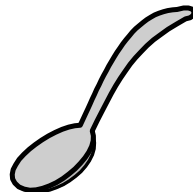


Find



a

knife,



spoon

and



bowl



Find

an



avocado,



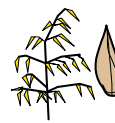
honey

and



oats

or



oat



bran

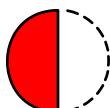


Cut



avocado

in

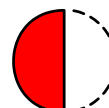


half

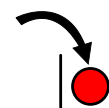
and



scoop



half



into

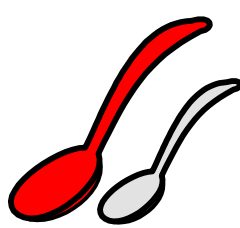
a



bowl



Add



1 tablespoon

of



honey



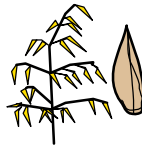
Add



a

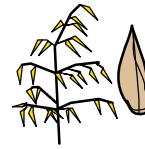
handful

of



oats

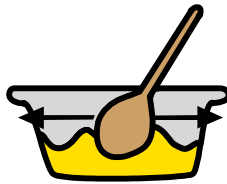
or



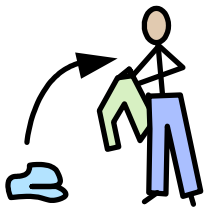
oat



bran

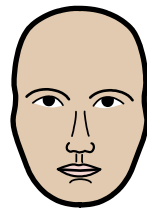


Mix



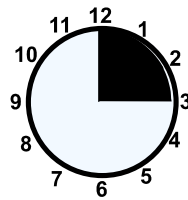
Put on

your



face

for

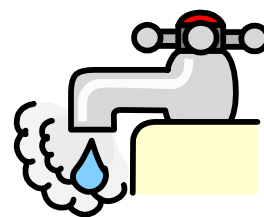


15 minutes

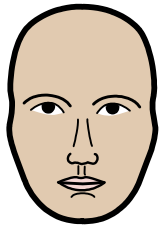


Wash

off with



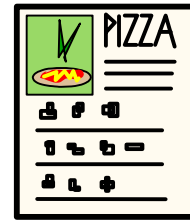
warm water



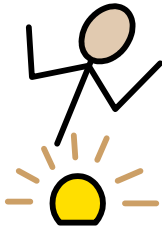
Face



mask

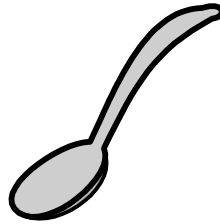


recipe



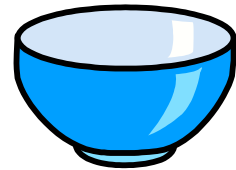
Find

a



spoon

and



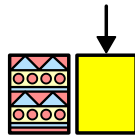
bowl



Find



honey,



plain



natural



yoghurt

and



tumeric



Add



1 tablespoon

of



honey,



yoghurt

and



tumeric

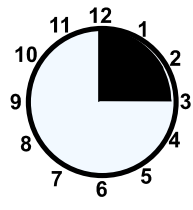
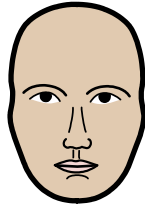
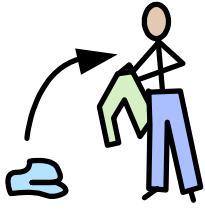
to



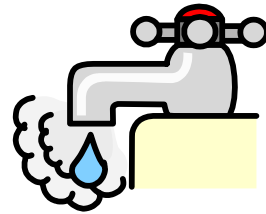
bowl



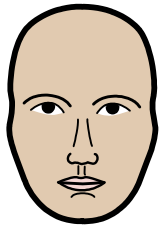
Mix



Put on your face for 15 minutes



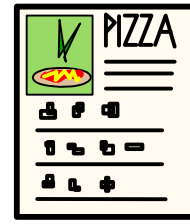
Wash off with warm water



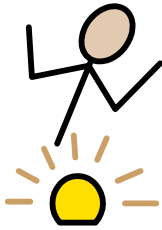
Face



mask

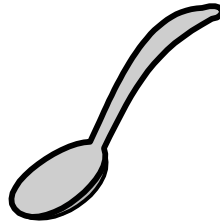


recipe



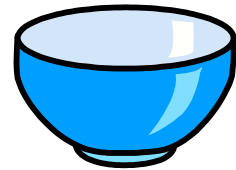
Find

a



spoon

and



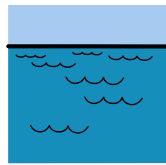
bowl



Find



honey,



sea



salt

and



tumeric



Add



1 tablespoon

of



honey,



one teaspoon

of



tumeric

and

**$\frac{1}{2}$
 $\frac{1}{2}$**



teaspoon

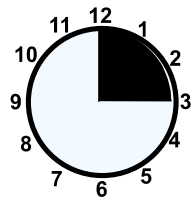
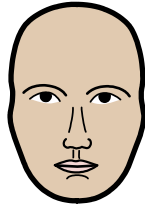
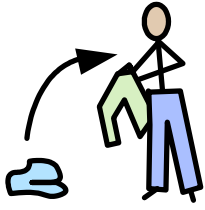
of



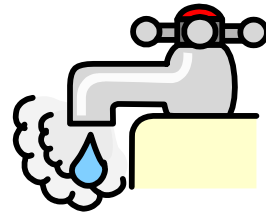
salt



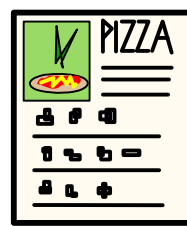
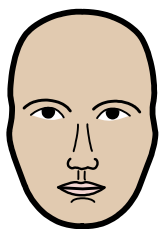
Mix



Put on your face for 15 minutes



Wash off with warm water

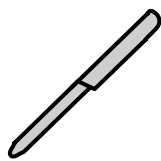


Face mask recipe



Find

a



knife,



spoon,

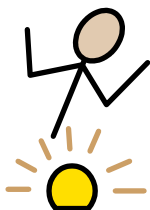


blender

and

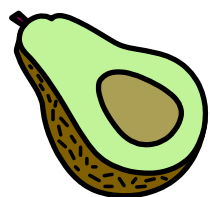


bowl



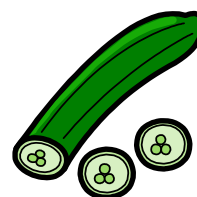
Find

an

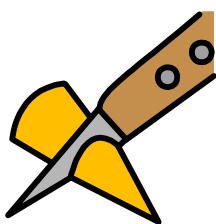


avocado

and

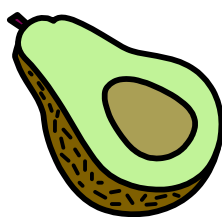


cucumber



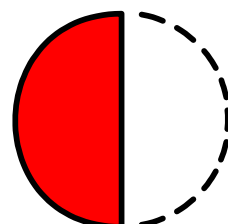
Cut

the



avocado

in

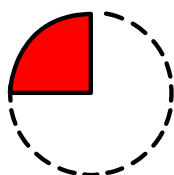


half



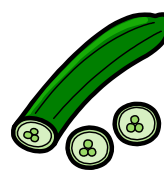
Cut

a off a



quarter

of the



cucumber



Put



half

the



avocado

and a



quarter

of the

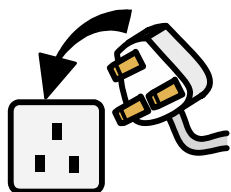


cucumber

in the

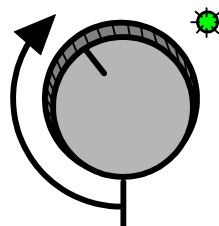


blender



Plug in

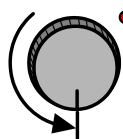
and



turn on



blender



Turn off



blender

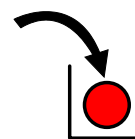
and



scoop



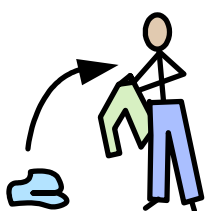
mixture



into

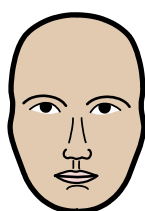


bowl



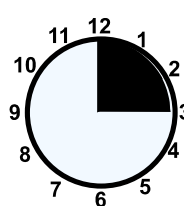
Put on

your

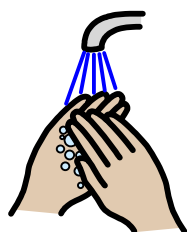


face

for

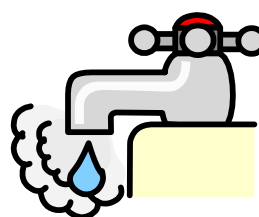


15 minutes

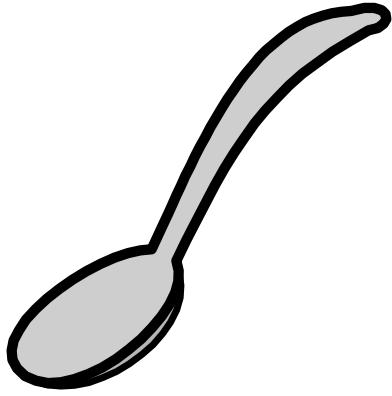


Wash

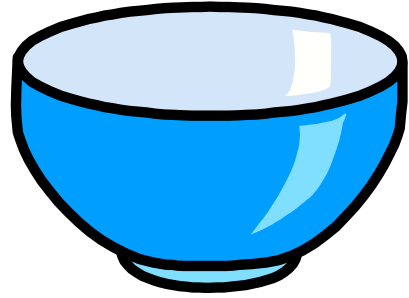
off with



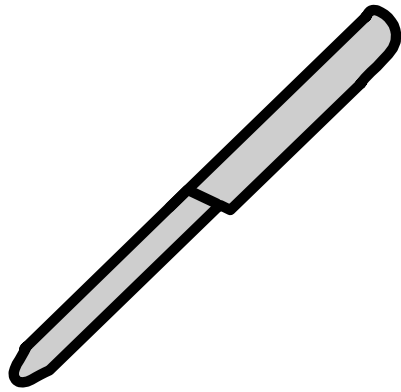
warm water



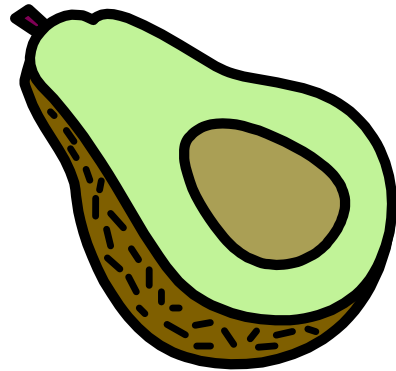
spoon



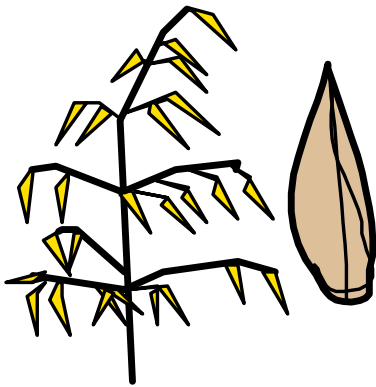
bowl



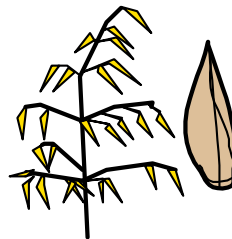
knife



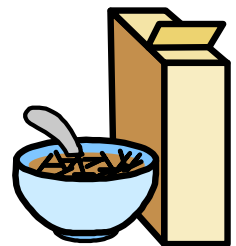
avocado



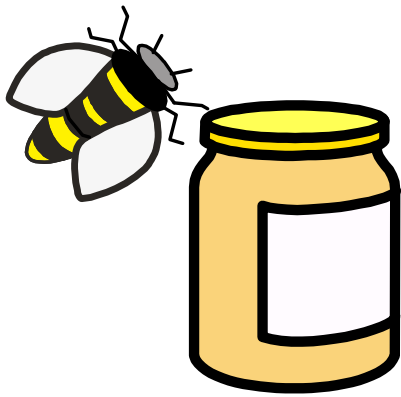
oats



oat



bran



honey



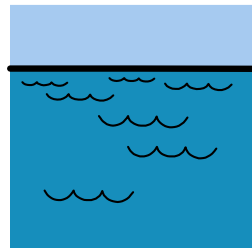
natural



yoghurt



tumeric



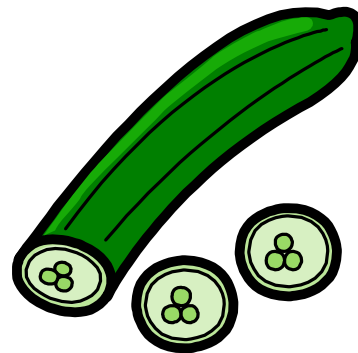
sea



salt



blender



cucumber