

UVHS Learning Through Enrichment



Make A Face Mask



For Tired Skin: Lemon

Ingredients:

Juice of 1 lemon
2 table spoons sugar
1 table spoon olive oil

Dewy, refreshed, and calm! That's what we're going for here. The sugar and lemon work together to exfoliate dead skin cells, while the olive oil hydrates and restores your skin to a healthy, fresher, happier place!



For Sensitive Skin: Yogurt

Ingredients:

1 tablespoon yogurt
1 teaspoon honey
1 teaspoon cocoa powder

For sensitive skin types who experience redness, yogurt is the optimal base for face mask: it's rich in probiotics and soothing skin proteins. Flavanols(like the ones your adding in the form of cocoa powder) calm irritation, while honey tightens the skin!



For Acne- Prone Skin: Banana

Ingredients:

1 mashed banana
½ teaspoon baking soda
½ teaspoon turmeric powder

Bananas are packed with vitamins, which promotes skin cell turnover and helps pores stay clean. And while the turmeric powder wards off acne causing bacteria, the baking soda absorbs the excess oil in your skin.

For more food based face masks follow this link : <https://www.allure.com/gallery/homemade-face-mask-recipes?fbclid=IwAR3W9vtKiA56VmHRyO-SEhOHmUnAjTck2wbG1FAfIEwuxt6v2AvTkoHtTB8>



Recommended by: *Miss Dixon*



Don't forget to share your progress on Teams 😊