

A cartoon illustration of a woman with brown hair, wearing a green top, applying a white cream to her face with her hands. The background is white with faint, light blue floral patterns.

Commercial skin care products V's Home made

Ms Mills

Home Economics

1st Year

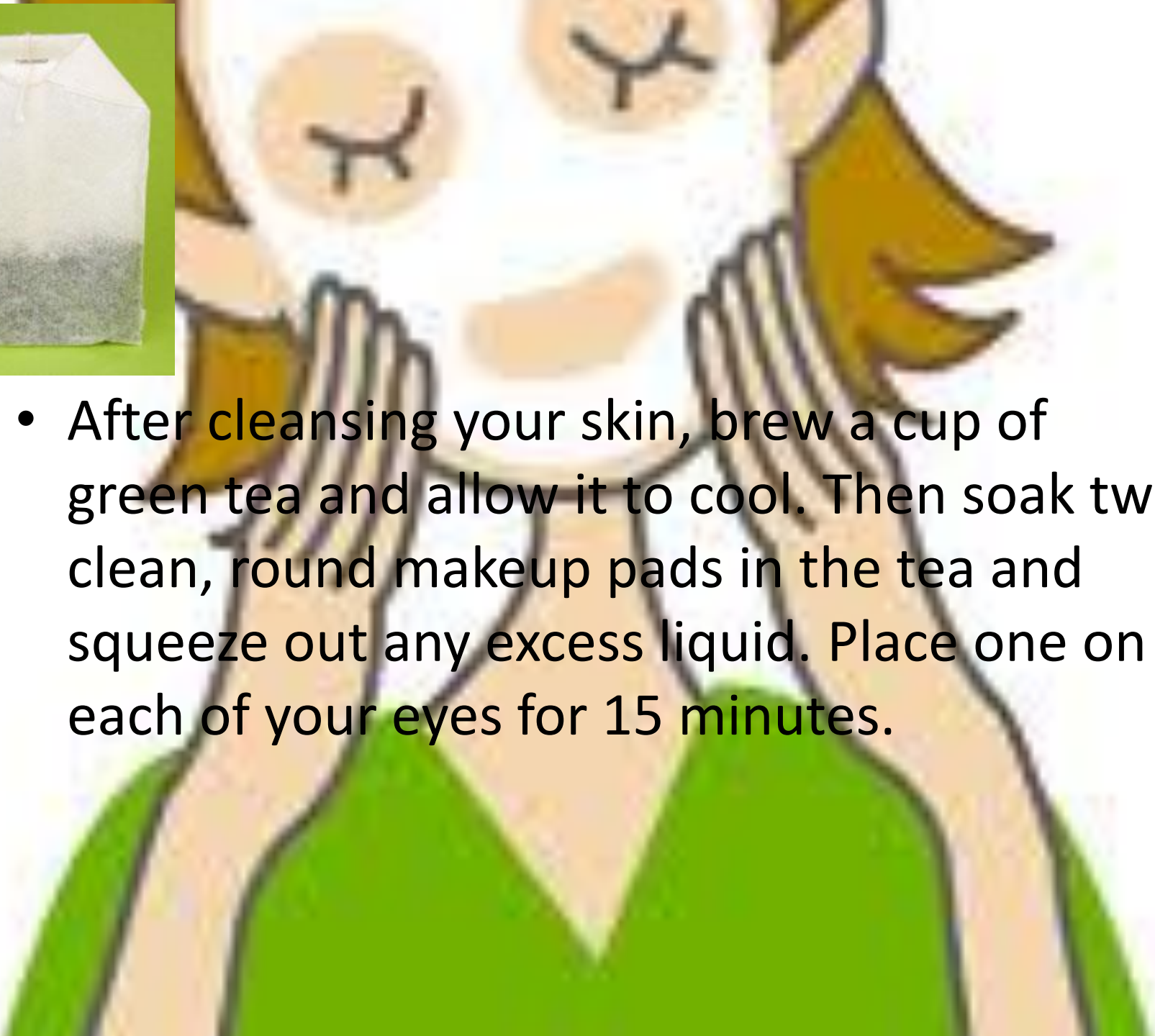
A small inset image in the top left corner shows a glass bowl filled with oatmeal, with more oatmeal scattered on the surface below it. The background of the slide is a cartoon illustration of a person's face, showing eyes, a nose, and a smiling mouth, with a green leaf-like shape on the right side.

Exfoliator

- Combine 1 tsp honey and 1 tsp olive oil. Separately, prepare 30g oats, using less water than called for so it forms a thick paste. Next, add the honey and olive oil mixture to the cooked oatmeal. Apply as a scrub, gently rubbing it in small circles over your skin, avoiding the eye area. Rinse off with warm water and pat dry. This mask can be done twice weekly. The oatmeal in this scrub exfoliates, while the honey and olive oil moisturises.



- After cleansing your skin, brew a cup of green tea and allow it to cool. Then soak two clean, round makeup pads in the tea and squeeze out any excess liquid. Place one on each of your eyes for 15 minutes.



Cleanser

Combine

1tsp of apple juice in a bowl.

2tsp of cooled green tea.

add five teaspoons of sugar. 1 tsp of honey in it.

Stir the mixture well. For a thicker consistency, add more sugar.

Spread the mask on your face using a cotton pad and massage it for a few minutes to remove dead skin cells and improve circulation.

The sugar in this recipe works as a natural exfoliant helping to unblock those pores. Leave the mask on your face for about 10 minutes and rinse with water.





Face mask

- To prepare the face mask you need-
- 1 avocado-
- 1 banana
- 1 tbsp Coconut oil
- 1tbsp natural yoghurt

Avocado- Avocados are rich in healthy fatty acids, vitamins and antioxidants that can improve your skin from the inside so you can shine on the outside.

Coconut oil is a great skin softener and helps prevent dry and hard skin