

At the Ready – Patrol Activities

Natural Face Masks

(Source Unknown – if you know please tell us – they're great!)

These natural face masks can be made and applied in a 20 minute patrol time – but make sure you clean up.

Hint – make it easier and get everyone to bring their own facewasher!

<p>Apple and Cinnamon Face Pack -antiseptic for oily or problem skin</p> <p>1 ripe apple, peeled and grated 1/2 tsp cream 1 tsp clear honey 1 T ground oats 1/2 tsp ground cinnamon</p> <p>Combine all and mash with a fork. Apply to face and leave on for 10 mins. Gently rinse off with cool water.</p>	<p>Banana Face Pack -rich and nourishing for dry skin</p> <p>1 egg yolk 2 tsp almond oil 1 ripe banana</p> <p>Combine all and mash with a fork. Apply to face and leave on for 10 mins. Gently rinse off with cool water.</p>
<p>Avocado and Honey</p> <p>1 ripe avocado 1 tsp clear honey 1 tsp lemon juice 1 tsp plain yogurt</p> <p>Combine all and mash with a fork. Leave in fridge 30 mins. Apply to face and leave on for 10 mins. Gently rinse off with cool water.</p>	<p>Strawberry and Oat -gentle exfoliating pack to cleanse and tone</p> <p>2 T ground oats 3 large ripe strawberries 1 tsp cream</p> <p>Combine all and mash with a fork. Apply to face and leave on for 10 mins. Gently rinse off with cool water.</p>

WHY NOT...

- Learn more about natural skin care products
- Find out what is in the skin care products you can buy at the store
- Learn what you can do to make your skin healthier