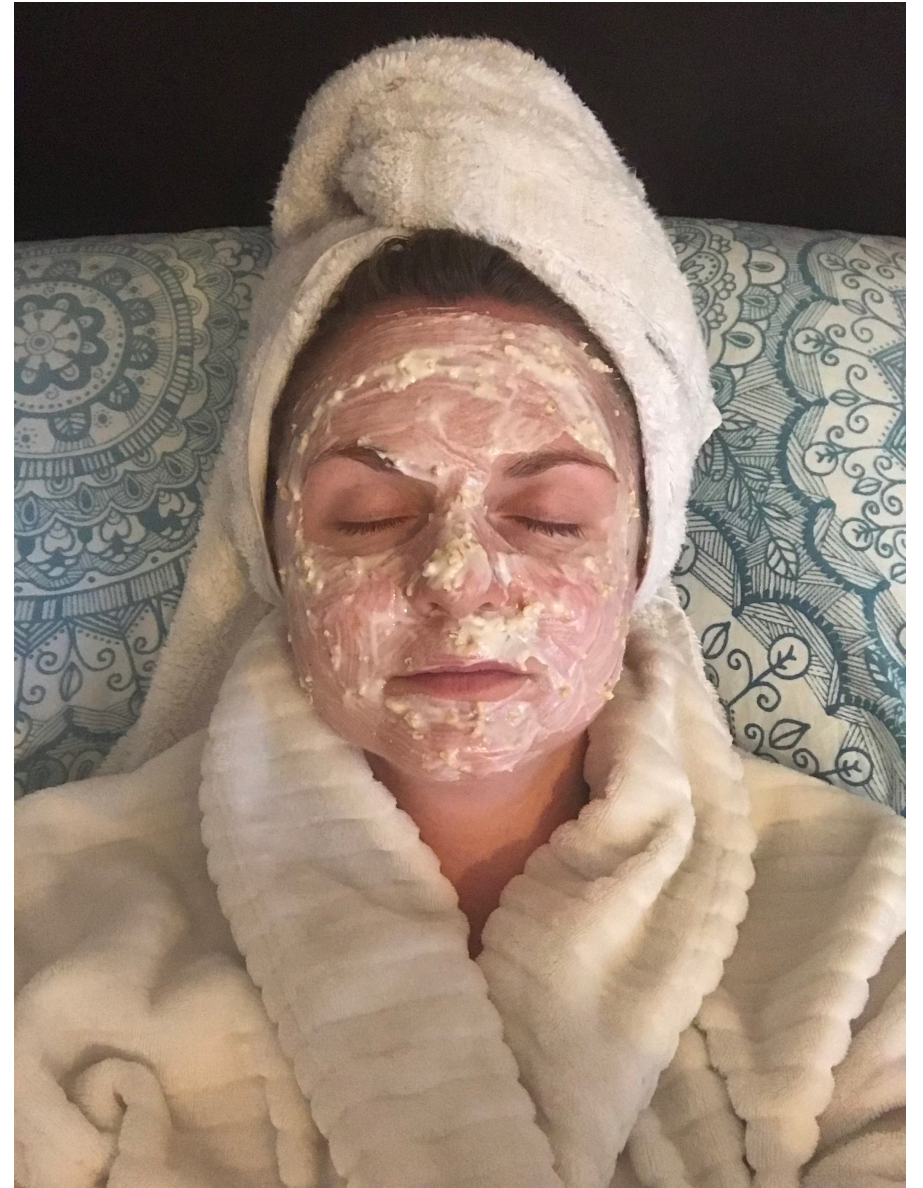


Make a 'moment for me' face mask

Picture tutorial

© Emma Kerr



To make this home-made
face mask you will need:

Bowl
Spoon
Oats
Natural yogurt
Honey



The recipe is simply

1x large spoonful of the
following ingredients:

Honey

Natural yogurt

Oats



Mix together with a spoon to
form the face mask



Use a clean make up brush or finger to apply the mixture to your face



Sit/ lie back and enjoy your
'moment for me' mask

Keep on the skin for 15
minutes and then wash off
thoroughly

Store in the fridge and use
within 48 hours

