

# DIY FACE MASKS

Face masks are a great way to unwind and relax. Make three different types of face masks using everyday ingredients.

## BEFORE YOU GET STARTED

**Recommended Ages:** Grades K - 12

**Estimated Time:** 15 - 20 minutes

**Caregivers should consider:** Girls should ask permission before using any materials.

**BADGE OR JOURNEY  
STEPS COMPLETED**

Cadette Science of Happiness Badge – Step 1  
Senior Science of Style Badge – Step 1

## THE FUN PART

### Mask 1

- 1 Cup of cooked oatmeal
- 6 tablespoons of honey
- 6 tablespoons of plain yogurt

1. Cook one cup of oatmeal according to the directions on the package.
2. Add 6 tablespoons of honey and 6 tablespoons of plain yogurt and mix together to combine, then set aside to cool to room temperature.
3. Apply the mixture to the face, avoiding the area around your eyes, and allow it to sit for 10 to 15 minutes.
4. Place a strainer into the sink to catch the oatmeal granules and rinse off with warm water.

### Mask 2

- 3 bananas
- $\frac{3}{4}$  cup of plain yogurt
- 3 tablespoons of honey

1. Mash three bananas in a bowl and mix in  $\frac{3}{4}$  cup of plain yogurt and 3 tablespoons of honey.
2. Apply all over the face, avoiding the eye area, and allow it to sit for 15 to 20 minutes before rinsing off with warm water.

### Mask 3

- $\frac{1}{2}$  Cup of cocoa powder
- $\frac{1}{2}$  Cup of plain yogurt
- $\frac{1}{4}$  Cup of honey

1. Mix  $\frac{1}{2}$  Cup of unsweetened cocoa powder,  $\frac{1}{2}$  Cup of plain yogurt, and  $\frac{1}{4}$  Cup of honey in a bowl.
2. Spread onto the face, avoiding the eyes, and let it sit 10 to 15 minutes before rinsing off with warm water.

