

## BEAUTY TIPS



### COOL AS A CUCUMBER

#### WHAT YOU NEED:

- A lemon
- A bowl
- An egg
- An adult helper with a knife
- Half a cucumber
- A fork
- A clean towel



#### WHAT TO DO

1. Ask an adult to cut the lemon in half and squeeze a teaspoon of juice into a bowl, separate the white from the egg and whip it, and peel the cucumber with a knife and then mash it with a fork
2. Combine the egg white and the cucumber in the bowl with the lemon
3. Carefully smooth over face, avoiding eyes
4. Leave for 5 minutes, then rinse off
5. Pat your face dry with the clean towel

Ask permission before getting your friends round and raiding the kitchen cupboard!

To check for any bad reactions to this recipe, apply to a small area of your wrist first. If it does make your skin uncomfortable in any way, rinse it off with cold water immediately.

