

## BEAUTY TIPS

### BEAUTIFUL FEET



#### WHAT YOU NEED:

- An adult helper with a knife
- A lemon
- A washing-up bowl
- 2 teaspoons of olive oil
- 2 tablespoons of milk
- Warm water
- A clean towel



#### WHAT TO DO

1. Ask an adult to cut the lemon in half and squeeze it into the washing-up bowl
2. Mix the olive oil and milk together in the washing-up bowl with the lemon
3. Add warm (NOT hot or boiling) water to the bowl – just deep enough to cover your toes
4. Check the temperature with your hand by dipping it in the water
5. Soak your feet for around 10 minutes
6. Dry your feet with a 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.

