

BEAUTY TIPS



LEMON LOVELY

WHAT YOU NEED:

- A clean towel
- 2 tablespoons of sour cream
- 1 teaspoon of porridge oats (not instant)
- A bowl
- An adult helper with a knife
- A lemon
- A cup
- Warm water



WHAT TO DO

1. Wrap the towel around your shoulders to keep your clothes clean
2. Pour the sour cream and oats into the bowl and mix together thoroughly
3. Ask an adult to cut the lemon in half and squeeze a teaspoon of juice into a cup
4. Add this to your mixture
5. Stir well and then smooth the mask on to your face, avoiding your eyes
6. Leave for 10 minutes then wash it off with warm water
7. Pat your face dry with the 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.

