

Dazzling Diva Spa Day

Parent permission and/or supervision is required.

Not all of these activities are just for the ladies.
Guys you can enjoy some pampering and relaxation too!

Homemade Natural Face Mask - "YoHoMealAna"

- Perfect for exfoliating your skin!

Materials

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|--|------------------------------|
| a. Yogurt - 1 container | g. Plastic mixing spoon |
| b. Honey - 2 tablespoons | h. 2 wash clothes per person |
| c. Oatmeal - $\frac{1}{2}$ cup - 1 cup | i. Hot water |
| d. Banana - 1 banana | j. Face soap |
| e. Small mixing bowl | k. Pot & tongs |
| f. Medium mixing bowl | |

Directions

1. Boil a pot of water. Once it is boiling, shut it off and put the washcloths in it. When you're ready for the wash cloths, squeeze them out and let them cool for a minute.
2. While the water is boiling, make your face mixture "Yo" for yogurt; "Ho" for honey; "Meal" for oatmeal; "Ana" for banana.
3. Wash your face with your everyday face soap. Rinse the soap off and then place one of the hot wash cloths (only use as hot as you can handle) lay it on your face for at least 30 seconds. The heat helps to open up your pores.
4. Put the homemade facemask all over your face. It will be chunky and messy; that's okay! (If you want use a headband to pull your hair back.) Let it sit on your face for 15+ minutes.
5. Once 15+ minutes is up and the facemask feels tight, use the second hot washcloth to wipe it all off.

