

Hi _____

Freestyle Area (Let your loved one know why you sent this for them to try)

Additional Natural Beauty Tips & Ideas

All of the ingredients should be available from the food provided or stuff bought on your P11/Buy-Up.

Citrusy Touch with Orange Peels

1. Grate orange peel and dry it in sun.
2. Prepare a mixture by adding 1 tsp dried citrus peel with 2 tsp gram flour (or bread soaked in water) and 1 tsp milk.
3. Apply the pack on your face and rinse off after 15 minutes.

Why this works: The citric acid and vitamin C rich orange peels, along with cleansing and exfoliating the skin, tighten the skin.



Can you re-draw this on a separate piece of paper?

Apricot

Apricots are rich in Vitamin A, C, and B as well as lycopene that make it an ideal skin rejuvenating agent.

1. Soak 4 to 5 apricots in water and allow them to swell up (Dried Apricots bought on P11).
2. Make a pulp out of it and prepare a smooth mixture by blending the apricot pulp with 2 tsp honey, 1/2 tsp almond oil (use baby oil), and 1/2 tsp lemon Juice.
3. Apply in generous amounts on the face and allow to dry, say for about 20 minutes. Rinse off with cold water to reveal a shining skin.



Can you re-draw these apricots on another piece of paper?

Antioxidant Dose with Tomatoes

Watch out for tomato & lemons in Fridays fish & chip meals with salad.

Give your skin a commendable dose of antioxidants by using tomatoes.

1. Mix 3 tbsp of tomato juice (just chop & smash up a small bit of tomato) with 1 tbsp of lemon juice.
2. Add 2 tbsp of milk. Make a smooth paste.
3. Apply in circular motion to the skin; keep for 15 minutes and wash.

Why this works: Tomatoes contain Lycopene that rejuvenates and tightens the skin. They also have astringent properties that leave your skin fresh.



Can you colour this tomato plant in?

Kia Kaha - I love you

