

Hi _____

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

Two Ingredient Bread & Milk Face Mask

An article & face mask sourced from: <https://www.saffrontrail.com/2-ingredient-homemade-face-mask-scrub-instant-results/>

The strangest of things happen on flights. And life-changing ones too. Before you think that "Ooo she met her life-partner on a flight" or something like that, I better tell you the story.

Some 8 years ago, I was on a flight from Hyderabad to Bombay to attend my cousin's wedding. An utterly beautiful looking lady sat next to me and I kept stealing glances at her translucent face. I'm NEVER the one to initiate a conversation on a flight. Au contraire, I'm either nose deep into a book/Kindle or ears plugged in with headphones, dreading any "So! What do you do??" conversations that may come my way. Even this time, it wasn't me who started the conversation. This lady next to me started telling me about herself. She was a grand-mum (gasp!), a makeover expert with a lot of A-listers as her clientele. I was already hiding my non-pedicured, stubby toes FAAAR under my seat.

She did know how to make an awkward person (read me) comfortable and we got talking. I told her I was on my way to attend a family wedding. And just like that, she shared with me her secret for her flawless skin. She told me that this is the only thing she has ever done for her skin. I frantically tried to fish out a paper and a pen (no Notepad on phone those days, yo) from the blackhole that was the bag. "There's no need for that. It's just 2 ingredients and you will find it in your kitchen anytime," she said.

STEP 1 - In a small cup, add 2-3 tbsp of milk to the piece of bread until it is all absorbed. Leave it for 5 minutes and then crush this with your finger tips to make a paste.

STEP 2 - Wash your face and dry it off. Apply this mixture uniformly over the face and neck. It will not cover your face like your peel off masks. Just ensure you spread it out as well as you can. Allow this to dry for 10 minutes or longer.

STEP 3 - This is the most important step. Over a sink, using your dry finger tips, rub off the dried-up mask, gently in circles, until the scrub comes off along with all the dead skin. This is like a mini massage for your face and neck and you can feel your face getting flushed with the increased circulation.

STEP 4 - Once all the scrub is rubbed off, wash face with lukewarm water and pat dry. Touch your face with your finger tips and feel the **SOFTNESS**.

- You can do this once a week, for best results.
- You can also make a larger quantity of this and use it as a body scrub before a shower.

HOW THIS WORKS

Milk softens and cleanses the face, and the fats in the milk act as a natural moisturizer, so don't use skimmed milk for this. The bread contains flour, oils, sugar, salt, all of which act as natural exfoliants when mixed into the milk.

A WORD OF CAUTION

If your skin is very sensitive, do not dry scrub your face more than 5 seconds or you may end up irritating the skin. Any allergies to wheat / milk, please be careful, or try out a test patch using this mixture, on your forearm.

Kia Kaha - I love you