

Hi _____

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

Facial Beauty Using Kiwifruit as the Base

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

Kiwifruit, this brown, little hairy egg-shaped fruit makes awesome face packs as it offers immense benefits for your skin. Read on to find out all about a kiwi fruit face mask.

Here are the key benefits of using Kiwifruit on your face/skin:

1. High in Vitamin C

Kiwi is jam-packed with Vitamin C and phytochemicals along with vitamin E, carotenoids, and phenolics. Kiwi is an excellent source of antioxidants that protect your cells from oxidative exposure and rejuvenate them.

2. Boosts Collagen Development

Collagen is the compound that helps maintain your skin's elasticity. Also, it keeps your skin soft and supple and prevents dryness. Vitamin C contained in Kiwi supports the collagen density in your skin.

3. Helps Fight Acne & Other Inflammation

Kiwi has anti-inflammatory properties, and that's why it prevents acne, rashes, and other inflammations

Kiwifruit & Yoghurt Face Pack

You'll need:

- 1 Kiwi (take out the pulp)
- 1 tablespoon yogurt

What you have to do

1. Take the kiwi pulp in a bowl and mix it well with yogurt.
2. Apply the pack evenly on your neck and face.
3. Leave it for 15-20 minutes.
4. Wash off with warm water.

Why This Works

The vitamin C brightens your face while the AHA in yogurt rejuvenates and recharges the skin cells. Also, this pack helps in reducing blemishes.

Kiwi & Almond Face Pack

You'll Need

- 1 Kiwi
- 3-4 Almonds
- 1 Tablespoon Gram Flour (use bread soaked & softened if you can't get flour)

What you have to do

1. Soak the almonds in water overnight
2. The next day, crush them and make a paste.
3. Mix it with the gram flour and kiwi pulp.
4. Apply it on your face and neck and leave it on for 15-20 minutes.
5. Wash with warm water.

Why This Works

This face pack is extremely refreshing. It tones your skin, hydrates it, and unclogs the pores, giving it a fresh appearance. You can immediately see the difference after washing it off.

Kiwi & Lemon Juice Face Pack

You'll need

- 1 Kiwi
- 1 teaspoon lemon juice

What you have to do

1. Take the pulp out of the kiwi and mash it.
2. Mix it well with the lemon juice and apply evenly to your face and neck area.
3. Let it dry for 15-20 minutes, then wash it off.

Why This Works

This face mask helps in minimizing your pores and blemishes as lemon juice is an excellent bleach. This face pack is best suited for those with oily skin.

Kiwi And Banana Face Mask

You'll need

- 1 kiwi

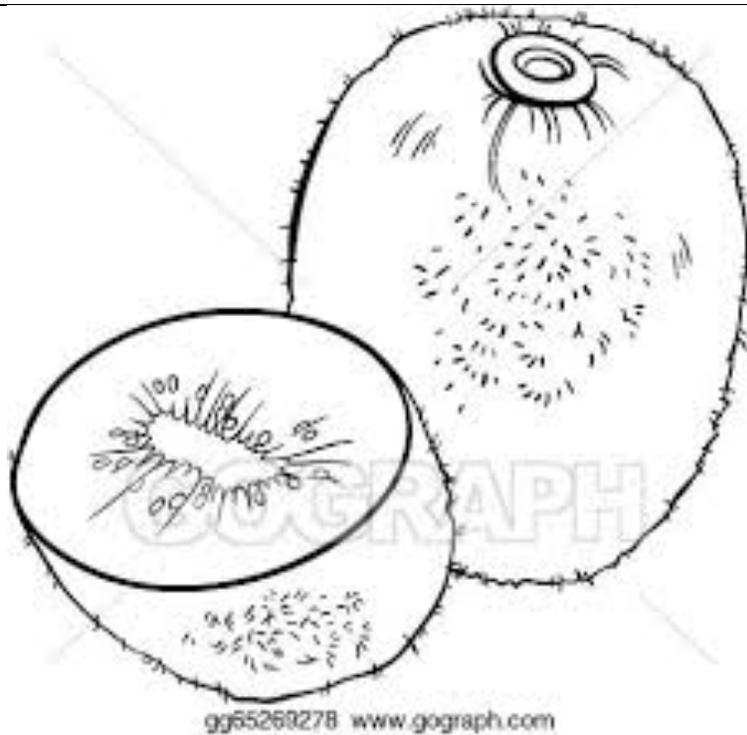
- 1 tablespoon mashed banana
- 1 tablespoon yogurt

What you have to do

1. Mash the kiwi pulp in a bowl and mix it with the banana.
2. Add yogurt to it and blend well.
3. Apply it thoroughly on your face and neck.
4. Leave it to dry for 20-30 minutes, and then, wash it off.

Why This Works

Banana is extremely hydrating, and yogurt helps in nourishing the skin and detoxifying it. This face pack softens your skin.



Add in some colour!

Kia Kaha - I love you