

## DIY Face Masks

*By: Active Minds at UD*



**Why we enjoy DIY face masks:** We personally love adding in this simple step to our 'self-care' routine because face masks help you de-stress & make you feel good about yourself. Sometimes when we are stressed, it can affect how our skin looks (stress pimples!) so doing one of these natural masks is a great way to help with this. Plus, these face masks are made with ingredients that you most likely already have at home!

**Instructions:** Wash your face with water and a gentle cleanser before applying the mask. For the mask, combine all of the ingredients together in a bowl, mix it, and apply the mask to your face. Leave it on your face for 10-15 minutes, rinse off with water, and moisturize your face afterwards.

-To relax even more while your face mask dries you can: listen to meditation music/any music you prefer, watch your favorite show, bake a dessert, read a book, color/paint, etc..!

-\*Disclaimer: Don't use a mask if you experience skin irritation or an allergic reaction (redness, itching, or rash) from any of the ingredients listed below. Also, only apply a mask once or twice a week.

### Face Mask #1:

- 1 teaspoon honey
- 1 teaspoon coconut oil
- ¼ ripe avocado
- 2 drops of lavender oil

### Face Mask #2:

- 1 tablespoon of plain yogurt
- 1 tablespoon honey
- 1 tablespoon turmeric powder

### Face Mask #3:

- 1 egg white
- 1 tablespoon honey
- A little squeeze of lemon juice

### Face Mask #4:

- 1 tablespoon of cocoa powder
- ¼ papaya
- A squeeze of aloe vera gel

Hope you enjoy this self-care activity!



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