



# A Day at the Spa





Disney iLY 4EVER

# Yogurt Face Mask



## Yogurt Face Mask

### Before Using:

- Ask a parent for permission and assistance before use
- Make sure there are no allergies to the ingredients
- Test on skin before use



### Ingredients:

1 Tablespoon of Plain Yogurt  
1 Teaspoon of Honey



### Recipe:

Add 1 tablespoon of plain yogurt into a bowl. Stir in 1 teaspoon of honey. Continue stirring until honey is mixed evenly throughout the yogurt.

Apply to face using fingers and leave on for 10 minutes. Wash off using lukewarm water.





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# Avocado Face Mask



## Avocado Face Mask

### Before Using:

- Ask a parent for permission and assistance before use
- Make sure there are no allergies to the ingredients
- Test on skin before use



### Ingredients:

*1/2 Ripe Avocado*  
*1 Tablespoon of Honey or*  
*1 Tablespoon of Rolled Oats*



### Recipe:

Begin by removing the peel from the avocado. Place the avocado in a bowl and mash it up until it's creamy. Mix in Honey or Oats and continue mashing and stirring until texture is smooth.

Place in the refrigerator to cool for 10 minutes. Before applying, protect clothes by covering with a towel to avoid avocado stains.

Apply to face using fingers and leave on for 10 minutes. Wash off using lukewarm water.

