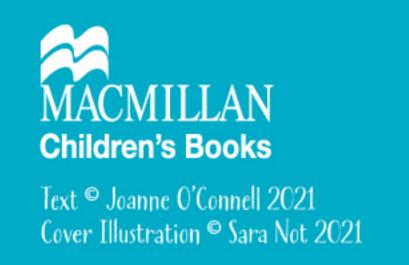


BEAUTY BINDS

JOANNE O'CONNELL

#BEAUTYANDTHEBIN



OATY BANANA FACE PACK

INGREDIENTS

2 TABLESPOONS OF OATS

'4 OF A RIPE BANANA

1 TEASPOON OF COCONUT OIL

METHOD

- 1. MASH THE BANANA AND COCONUT OIL WITH A FORK AND MIX IN THE OATS.
- 2. Once it's a thick paste, gently massage it into your skin (cheeks, forehead and chin it's best to skip the bit around your eyes).
- 3. Leave the face pack on for a few minutes. (Top tip: This works well if you're in the bath, as it can be quite sticky!)
- 4. WASH OFF WITH WARM WATER.

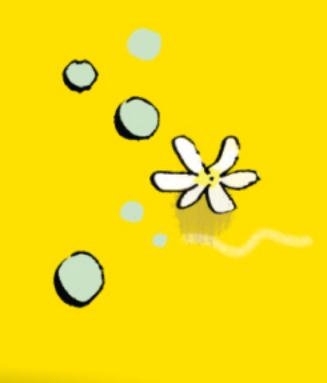
^{*}REMEMBER TO BE CAREFUL IF YOU'VE GOT ANY ALLERGIES, AND IF YOU'RE WORRIED, TEST THE RECIPES ON A SMALL PATCH OF SKIN BEFORE YOU PUT IT ON YOUR FACE.



FRUITY FOOT MASK







HAVE YOU GOT SOME SQUASHY OVER-RIPE FRUIT IN THE FRUIT BOWL? DON'T CHUCK IT!

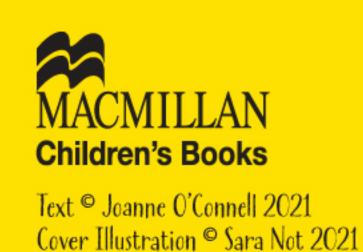
USE IT TO CREATE A SKIN SOFTENING FOOT MASK.

METHOD

1. IN A BOWL, MASH A BANANA WITH A TEASPOON OF OLIVE OIL, AND SLATHER IT OVER YOUR FEET.

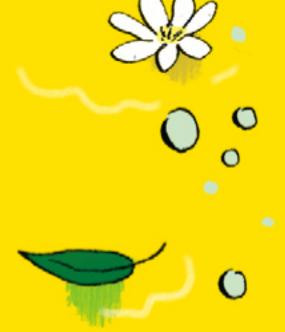
2. LEAVE IT FOR TEN MINUTES, BEFORE RINSING IT OFF. IT'S A PERFECT SKIN SOFTENER.

(DO THIS IN THE BATHROOM SO YOU DON'T STAIN THE SOFA!)



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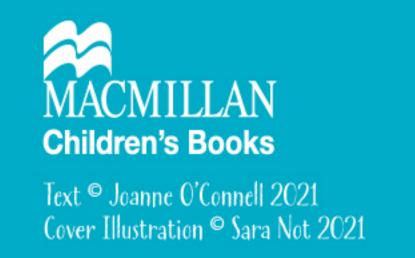






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SWEET ROSE BODY SCRUB

INGREDIENTS

150 g granulated sugar
150 ml olive oil (or use coconut oil)
Rose oil - a few drops (or you could use any other essential oil - we like lavender!)
Dried rose petals (optional)
A clean Jam Jar

METHOD

- 1. PUT THE SUGAR, OIL, ROSE OIL AND PETALS INTO THE JAR
- 2. SEAL THE JAR AND GIVE IT A GOOD SHAKE UNTIL ALL INGREDIENTS ARE COMBINED.
- 3. Use a spoonful when you're in the shower as a body scrub.

Notes: The sugar can be brown or white, and if you don't have sugar, you could use salt.

^{*}REMEMBER TO BE CAREFUL IF YOU'VE GOT ANY ALLERGIES, AND IF YOU'RE WORRIED, TEST THE RECIPES ON A SMALL PATCH OF SKIN BEFORE YOU USE IT.



STRAWBERRY YOGURT FACE PACK



HAVE YOU GOT SOME SQUASHY OVER-RIPE FRUIT IN THE FRUIT BOWL? DON'T CHUCK IT! USE IT TO CREATE A BRIGHTENING FACE PACK.

INGREDIENTS

2 OR 3 SQUASHY STRAWBERRIES 1 OR 2 TBS OF YOGURT (ALMOND/SOYA/COCONUT/ETC) A TSP OF HONEY (OR VEGAN SYRUP) OPTIONAL

METHOD

- 1. IN A BOWL, MASH THE STRAWBERRIES REALLY WELL WITH A FORK.
- 2. STIR IN THE YOGURT AND HONEY IF USING.
- 3. APPLY IT TO YOUR FACE WITH YOUR FINGERS.
- 4. LEAVE IT FOR A FEW MINUTES BEFORE RINSING IT OFF WITH WARM WATER.



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LAVENDER BATH BOMBS

INGREDIENTS

6OG CITRIC ACID
12OG BICARBONATE OF SODA
6OG EPSOM BATH SALTS (OPTIONAL)
OIL - OLIVE OIL IS FINE: YOU NEED AROUND 1OML
LAVENDER ESSENTIAL OIL - A FEW DROPS
3OG CORNFLOUR (OPTIONAL)
DRIED HERBS AND FLOWERS (OPTIONAL)

METHOD

- 1. SIFT THE CITRIC ACID AND BICARBONATE OF SODA INTO A BOWL...
- 2. ADD THE SALTS, CORNFLOUR AND HERBS/FLOWERS IF USING.
- 3. SLOWLY ADD THE OIL AND ESSENTIAL OIL TO THE DRY INGREDIENTS, UNTIL YOU HAVE THE CONSISTENCY OF DAMPENED SAND.
- 4. Using your hands, form small balls and pack them into a fairy-cake/muffin tray. You may need to wet your hands or add some water to the mix which needs to hold when you pack it together.
- 5. LEAVE THEM TO SET FOR AROUND 15 MINUTES (NO LONGER, AS THEY'LL STICK!).

NOTES: No Fairy Cake/Muffin Trays? Instead, Make Bath Crumble, By Rubbing the ingredients together and sprinkling it into a Jar to dry out, and then throw a handful into a warm bath. Easy!