



BEAUTY *and the* BIN

JOANNE O'CONNELL

#BEAUTYANDTHEBIN


MACMILLAN
Children's Books

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OATY BANANA FACE PACK

INGREDIENTS

2 TABLESPOONS OF OATS

¼ 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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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.

*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.





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LAVENDER BATH BOMBS

INGREDIENTS

60G CITRIC ACID

120G BICARBONATE OF SODA

60G EPSOM BATH SALTS (OPTIONAL)

OIL - OLIVE OIL IS FINE: YOU NEED AROUND 10ML

LAVENDER ESSENTIAL OIL - A FEW DROPS

30G 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!