

# DIY Lip Scrub

Ingredients:

- 1 teaspoon of honey
- 2 teaspoons of sugar (try brown sugar!)
- ½ teaspoon of oil (olive oil, almond oil, or coconut oil)

Mix everything together in a bowl. Massage the scrub on lips with fingers. Rinse the scrub off with warm water. Finish with some lip balm!



Try other additives:

- Vanilla extract
  - No more than a teaspoon. Improves taste if you are concerned about the flavor of the scrub when on lips.
- A small dash of cinnamon or cayenne
  - Be very careful as too much can be irritating but helps with plumping
- A small bit of a citric fruit (we suggest strawberry!)
  - Improves polish

# DIY Oat and Honey Face Mask



Ingredients:

- 1 tablespoon of rolled oats
- ½ teaspoon of honey
- ¼ cup of Greek yogurt (optional)

Mix everything together in a bowl. Apply the mixture to face with hands and leave on for 10-15 minutes. Rinse off with warm water. Gives you a cool, calm glow!



## DIY Coffee Eye Mask

Ingredients:

- 1 tablespoon of oil (jojoba, olive, rosehip)
- 1 tablespoon of used coffee grounds

Combine ingredients in a bowl. Mix thoroughly until it creates a paste. Apply around eyes, avoiding eyelids. Allow to dry for 10 minutes. Use warm water and a soft cloth to rinse off mask. Finish with a moisturizer. Helps tighten the skin around the eyes to reduce puffiness!