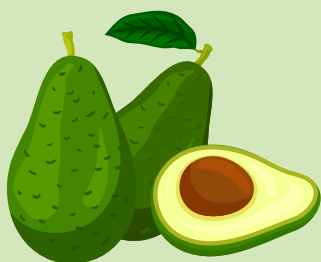


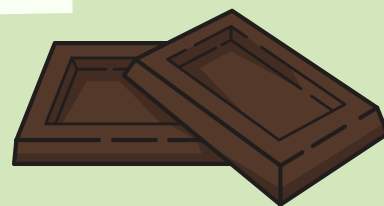
COCOA AND AVOCADO FACE MASK

A STEP-BY-STEP GUIDE



YOU WILL NEED

- Ripe Avocado
- Cocoa Powder
- Honey
- Cucumber



STEP 1

FREEZE

Put two slices of cucumber per person in the freezer and get them cooling - you all know what these are for!

MASH

STEP 2

In a small bowl, mash 1/2 of a ripe avocado until completely smooth.

STEP 3

MIX

Once the avocado is mashed, add in 2 tbsp of cocoa powder and 2 tbsp of honey and mix well.

STEP 4

WARM

Fill up your foot tubs with bath crystals or bubble bath and warm water!

APPLY

STEP 5

Now, apply your mask to a clean face and massage in slow circular motions all over the face and neck.

STEP 6

RELAX

Find a comfy place to relax, grab your cucumbers to soothe your eyes and warm your feet in a foot tub. Leave the face mask on for 20-30 minutes and rinse with lukewarm water.

TOP TIP - USE THE LEFTOVERS FOR A YUMMY HEALTHY SNACK!

DOES YOUR SKIN FEEL SOFTER THAN BEFORE? DO YOU FEEL MORE RELAXED? HOPEFULLY NOW YOU'RE READY FOR THE REST OF YOUR EXCITING CHALLENGES!

