At the Ready – Patrol Activities

Natural Face Masks
(Source Unknown – if you know please tell us – they’re great!)

These natural face masks can be made and applied in a 20 minute patrol time – but make sure you clean up.

Hint – make it easier and get everyone to bring their own facewasher!

<table>
<thead>
<tr>
<th>Apple and Cinnamon Face Pack</th>
<th>Banana Face Pack</th>
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</thead>
<tbody>
<tr>
<td>-antiseptic for oily or problem skin</td>
<td>-rich and nourishing for dry skin</td>
</tr>
<tr>
<td>1 ripe apple, peeled and grated</td>
<td>1 egg yolk</td>
</tr>
<tr>
<td>1/2 tsp cream</td>
<td>2 tsp almond oil</td>
</tr>
<tr>
<td>1 tsp clear honey</td>
<td>1 ripe banana</td>
</tr>
<tr>
<td>1 T ground oats</td>
<td>Combination all and mash with a fork.</td>
</tr>
<tr>
<td>1/2 tsp ground cinnamon</td>
<td>Apply to face and leave on for 10 mins.</td>
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<tr>
<td>Combine all and mash with a fork.</td>
<td>Gently rinse off with cool water.</td>
</tr>
<tr>
<td>Apply to face and leave on for 10 mins.</td>
<td>Gently rinse off with cool water.</td>
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<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Avocado and Honey</th>
<th>Strawberry and Oat</th>
</tr>
</thead>
<tbody>
<tr>
<td>- gentle exfoliating pack to cleanse and tone</td>
<td>-gentle exfoliating pack to cleanse and tone</td>
</tr>
<tr>
<td>1 ripe avocado</td>
<td>2 T ground oats</td>
</tr>
<tr>
<td>1 tsp clear honey</td>
<td>3 large ripe strawberries</td>
</tr>
<tr>
<td>1 tsp lemon juice</td>
<td>1 tsp cream</td>
</tr>
<tr>
<td>1 tsp plain yogurt</td>
<td>Combination all and mash with a fork.</td>
</tr>
<tr>
<td></td>
<td>Apply to face and leave on for 10 mins.</td>
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<td></td>
<td>Gently rinse off with cool water.</td>
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<tr>
<td>Combine all and mash with a fork.</td>
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<tr>
<td>Leave in fridge 30 mins.</td>
<td>Gently rinse off with cool water.</td>
</tr>
<tr>
<td>Apply to face and leave on for 10 mins.</td>
<td></td>
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<td>Gently rinse off with cool water.</td>
<td></td>
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</table>

WHY NOT...

- Learn more about natural skin care products
- Find out what is in the skin care products you can buy at the store
- Learn what you can do to make your skin healthier