



Facial Masks Activities

- 1) You are now going to make your own facial mask, which will help to cleanse and moisturise your skin.

- ! Wear eye protection
- ! Wash your hands carefully before and after the experiment
- ! Before the mixture is applied, teachers should ensure that students do not have any known allergies to the individual ingredients
- ! Do not store the mixture if you are not going to use it in the lesson
- ! Dispose of it carefully
- ! Do not swallow ingredients

Cucumber Facial Mask

This mask is most suitable for cleansing and moisturising oily skins.

You will need

- 1 tbsp dried skimmed milk
- ½ peeled cucumber
- 1 tsp plain yoghurt
- Electric blender
- Eye protection/goggles

Method

- a) Put all the ingredients into a blender and mix well until smooth.

If your teacher says you can use the mixture, follow the instructions carefully

- b) Apply to your face (taking special care to avoid your eyes and mouth) – alternatively, you could try it on your arm or back of hand.
 - c) Leave the mask on for 15-20 minutes then rinse off.
- 2) Think about your experiment and try to find out how much it differs from commercially made facial mask. Make a note of the similarities and differences between what you did and how it is done in industry.

Think about

- The scale of the operation
- What additives and preservatives are used in industry
- How long will your facial mask last compared to a commercially made one
- The look and performance of the finished mixture

Egg Facial Mask

This mask is most suitable for cleansing and moisturising drier skins.

You will need

1 egg
½ cup coconut oil
1 tbsp honey
Small mixing bowl
Wooden spoon
Toilet roll tube
Eye protection/goggles

Method

- a) Beat the egg in a small bowl using a wooden spoon.
- b) Add the coconut oil and honey slowly, beating until it's the consistency of mayonnaise.
- c) Spoon the mixture into a toilet roll tube, sitting upright in a clean, small bowl.
- d) Keep it in the freezer overnight.
- e) Take out of freezer and leave at room temperature for 10-15 minutes before applying.

If your teacher says you can use the mixture, follow the instructions carefully

- f) Peel away the top of the toilet roll tube and smooth the frozen stick over your face (taking special care to avoid your eyes and mouth) – alternatively, you could try it on your arm or back of hand.
 - g) Leave the mask on for 5-10 minutes, and then wash off with warm water.
- 3) Think about your experiment and try to find out how much it differs from commercially made facial mask. Make a note of the similarities and differences between what you did and how it is done in industry.

Think about

- The scale of the operation.
- What additives and preservatives are used in industry
- How long will your facial mask last compared to a commercially made one
- The look and performance of the finished mixture