

# healthy body, healthy mind – self care

## 101

Hey guys! FIRSTLY, let us just all acknowledge that being in iso has been difficult right? But what I have found is that treating yourself doesn't have to necessarily mean leaving the house – INSTEAD we can be at home and do something for ourselves that feels nice, is a treat and also helps our mental health! Here are some easy recipes to exfoliate our skin, as well as moisturise it. Kick back, relax, light a candle, or even put on some relaxing music – this is YOU time. You deserve it 😊

Firstly, we need to cleanse our skin and exfoliate it just so we can feel a bit refreshed before moisturizing with a face mask! With only a few ingredients needed from our kitchens at home we can treat ourselves to a little pamper session:

### **Brown sugar face and body scrub**

#### **Benefits**

- Gets rid of any dead skin cells/toxins
- Refreshes your pores
- Smooths and softens the skin

#### **Ingredients**

- 1 cup brown sugar
- ¼ cup of olive oil
- 1 teaspoon vanilla extract (optional, makes you smell nice but not 100% needed)
- 1 teaspoon honey
- A bottle or jar to put your scrub in

#### **Method**

- Mix all ingredients into a little bowl, until it starts to form into a smooth paste
- When mixed well apply onto your face whilst doing little circular motions into your skin, this makes sure that you are massaging the scrub into your skin to get rid of any dead skin cells/toxins!

Secondly, now that our skin is feeling refreshed, smooth, and clean let's head into some moisturising!

### **Blueberry face mask**

**Why blueberries you may ask? WELL, blueberries have heaps of benefits for our health and our skin. Just to list a few...**

- They help fight blemishes, acne, pimples, and uneven skin tone problems
- Rich in fibre, as well as vitamins A (healthy skin reproduction) and C (protects skin cells from damage, helps make collagen and protein in the skin)
- Has more antioxidants than green tea
- Anti-ageing
- Normalizes the oil level in your skin – this helps maintain healthier skin!

So there's lots of benefits, and it's easy to make – with things that you can find in your own kitchen! Iso self-care made EASY

### **Ingredients**

- ¼ Blueberries (if frozen make sure you defrost)
- 3 tablespoons of plain yoghurt

### **Method**

- Mix blueberries with yoghurt in a blender (if you do not have a blender mash up the berries well and mix it with the yoghurt to make a paste)
- Apply the paste
- Light a candle and CHILL (optional, do whatever makes you relaxed)
- Keep on for 20 – 30 minutes
- Rinse with warm water

But wait there is more I found an even EASIER mask if you guys to try out!

### **Green tea face mask**

#### **Benefits:**

- Its an antioxidant (protects your skin)
- Anti-inflammatory
- Protects skin for redness, irritation, and ageing
- Helps fight off bacteria that can lead to acne breakouts

#### **Ingredients**

- 1 green tea bag
- Honey

#### **Method:**

- Cut open a green tea bag that you would normally put in your mug to make tea
- Put the green tea in a little bowl, and mix with half a teaspoon of honey until it becomes pasty (you don't want too much honey as you want it to be a bit thicker)
- Apply to face and leave for 10 – 15 minutes
- Light a candle and CHILL (optional, do whatever makes you feel relaxed)!
- Make sure to wash off with warm water

And there you have it! I hope you guys are feeling more relaxed and fresher after these easy recipes, I like to do this at least once or twice a week – but hey you can treat yourself every day! Why not? Afterall self-care is totally necessary and beneficial for our health! Don't forget to take care of yourself, there's only one you!

**Before you go – screenshot each of the images below and share them with your friend or keep them handy on your phone for when you feel like pampering yourself!**

# FACE AND BODY SCRUB

with brown sugar



## Ingredients

1 cup brown sugar  
¼ cup of olive oil  
1 teaspoon vanilla extract (optional, makes you smell nice but not 100% needed)  
1 teaspoon honey  
A bottle or jar to put your scrub in

## Method

Mix all ingredients into a little bowl, until it starts to form into a smooth paste

When mixed well apply onto your face whilst doing little circular motions into your skin, this makes sure that you are massaging the scrub into your skin to get rid of any dead skin cells/toxins!

After around 10 seconds of rubbing, rinse with lukewarm water



# GREEN TEA MASK



## Ingredients

1 green tea bag  
Honey

## Method

Cut open a green tea bag that you would normally put in your mug to make tea

Put the green tea in a little bowl, and mix with half a teaspoon of honey until it becomes pasty (you don't want too much honey as you want it to be a bit thicker)

Apply to face and leave for 10 - 15 minutes

Light a candle and CHILL (optional, do whatever makes you feel relaxed)!

Make sure to wash off with warm water



# BLUEBERRY FACE MASK



## ANTIOXIDANT

### Ingredients

¼ Blueberries (if frozen make sure you defrost)  
3 tablespoons of plain yoghurt

### Method

Mix blueberries with yoghurt in a blender (if you do not have a blender mash up the berries well and mix it with the yoghurt to make a paste)

Apply the paste

Light a candle and CHILL (optional, do whatever makes you relaxed)  
Keep on for 20 – 30 minutes

Rinse with warm water

