

Ready, Steady, Cleanse...

This activity sheet gives ideas on things to turn facemasks into a family friendly activity. By the end of this you will be able to make your very own facemask and understand what goes into everyday products you use to help you make the right choices for you.

Why should families do things together?

Families teach us the most important things in life. By doing activities together, families can help children get more from school – from better grades to the confidence to answer questions in class. Adults can also benefit – from surfing the internet to having fun playing outside.

Activity

There are two parts to this activity. Firstly you will look at the skincare products that are currently available. Then you can make up your own mask using natural ingredients.

Why use a facemask?

Facemasks are a great way of keeping your skin looking and feeling healthy. They give a boost to your normal face washing and moisturising – like a big spring clean for your face!

Get everyone involved!

For younger children

Facemasks can be great way to transform into a scary monster and learn about food. Remember don't leave the mask on for too long!

For dads / male carers

Find out more about the science of how facemasks work. What are the vitamins and minerals good for?

For older people

Talk about how face and body products have changed over the years. Are there any recipes for face masks that you could use today?

1. Using packaging from everyday face products look at the list of ingredients. Are there any things you don't recognise? Probably quite a lot because all ingredients for toiletries need to be listed in a language called INCI (in full it's International Nomenclature for Cosmetic Ingredients!) It has been used for over 30 years and is based on Latin. To find out what they are you could go to the web and use a search engine such as google to look for 'inci ingredients' or go to your local library and ask the librarian to help you find out more information.

Examples of the INCI language

INCI name	What you may know them as
Tocopherol	Vitamin E
Aqua	Water
Lavandula Angustifolia	Lavender
Cocos Nucifera	Coconut Oil
Hamamelis Virginiana	Witch Hazel

If you have more time find out why some of ingredients are in the product – do they make it smell nice or last longer?

Did you know that the symbol with the flip top lid tells you how many months you can use the product for after opening? Are there any other things on the packaging that you don't understand Have you ever looked at the ingredients in other products – such as food or cleaning products – do they tell you anything that you didn't know before?



2.

Below are some recipes for face masks that you can make up. These face masks can be made using natural ingredients. There are lots more to be found on the web, in the library or sometimes in fashion magazines. Why not have a go at making your own mask – if you have time you could even make your own packaging for it and give it your own special name. Remember these masks are fresh and don't have preservatives so should be used as soon as they are made.

Facemask recipes

Banana and Honey Face Mask

Great for dry skin. Mash up half a banana with one teaspoon of honey.

Oatmeal Face Mask

Good for sensitive skin. Take a cup of plain yogurt, one teaspoon of honey and half a cup of oatmeal. Mix the ingredients together.

Apple Face Mask

Good for oily skin. Use one grated apple (watch your fingers!) mixed with five tablespoons of honey.

How to apply the face mask

1. Use your fingers to spread a thin layer of the mask evenly over your skin. Avoid the area around your eyes and lips.
2. Leave mask on for 10 minutes and relax.
3. Remove the mask with a hot, wet washcloth. Pat face dry with a towel

Warning Avoid any ingredients you are allergic to. If stinging or redness occurs, wash your face with cool water. If you have sensitive skin test the mask on a small patch on the inside of the elbow. Wait 24 hours to see if there is any reaction before using the mask on your face. Do not use honey on children under one.

What next?

If you've enjoyed this and want more, try these out...

Family Learning Festival organised by the **Campaign for Learning** offering families a chance to get involved in trying out fun activities together. Thousands of events take place every October in different places around the country, from shopping centres to schools. Find out more by ringing **0800 66 0800** or click onto **www.welovelearning.co.uk**

learndirect is one of the best sources of information about what's going on in your area. Just call free on 0800 100 900 – who knows you could be training up as a beauty therapist next!

This activity sheet has been produced by the **Campaign for Learning**. They are written specially for organisers running **Family Learning Festival** activities and for families to try out at home.