



StyleWise Image's Favorite Homemade Facial Scrubs

Old Fashioned Oats 'n Honey

- 1 egg white
- 1 tbsp. honey
- 1-3 tbsp. finely chopped oats

Whisk the egg white and honey together in a bowl; add the finely chopped oats until it forms a paste. If it is still runny, add more oats. Apply for 10 minutes and wash off.

Miracle Yogurt and Baking Soda Cleanse

- 2 tbsp. plain yogurt
- 1 tsp. honey
- Baking Soda

Mix plain yogurt and honey together. Leave mask on for 20 minutes, then wash off with luke-warm water; do 4 times a week. Mix some baking soda with water until it makes a paste; rub for 3 minutes, then wash off with luke-warm water; do twice a day. (Proves to be proactive against blackheads!)

Oh Honey! Moisture-Enriched Mask

- 2 eggs
- 2 squirts of honey
- 4 pinches of flour

Mix ingredients together until makes a thick paste; apply to face and neck for 15 minutes or until dry. Rinse for silky smooth skin!

Sweet 'n Sour Bananas

- 1/2 banana mashed
- 1 tbsp. honey
- 2 tbsp. sour cream

Apply to face and neck area; let set for 10 minutes; rinse off with damp washcloth.

Homemade Hair Care

Apple Cider Rinse

1-2 tbsp. apple cider vinegar
3 c. distilled water

Mix ingredients together and pour over hair after you shampoo and condition as the final rinse. It is good for all hair types and acts to soften your hair from root to tip. Vinegar removes the build-up and residue, and prevents an itchy scalp. If you add juice of 1/2 of a lemon, it will boost your natural shine!

Green Eggs and Moisture

1 avocado mashed
1 egg yoke

Mix together; apply to hair for 15 minutes. Rinse and wash as usual for a moisturizing mask.

The Miracle Whip

1/2 c. mayonnaise

Apply to hair; massage into hair and roots, then cover with towel or shower cap for up to 20 minutes. Rinse thoroughly then shampoo like normal.

Nutty 'Nana

1 ripe banana mashed
almond oil
soda water

Combine the mashed banana with a few drops of almond oil; massage into hair. Leave in for about 15 minutes. Rinse with soda water; then shampoo and condition as normal. This helps repair dry, damaged hair.