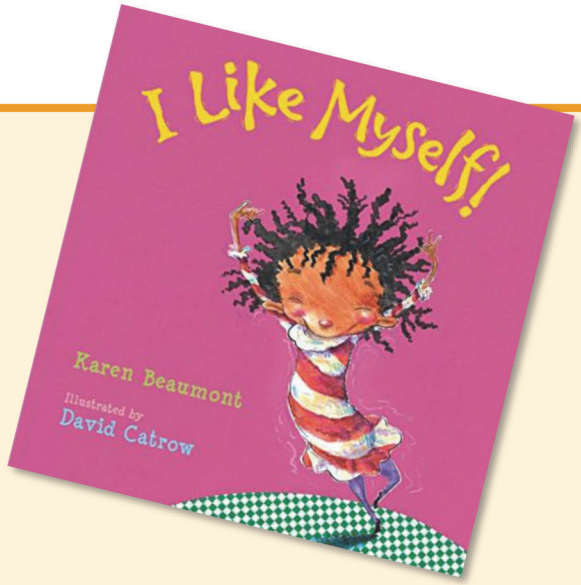
We've Read, Let's Romp!

Thanks for enjoying this week's reading of "I Like Myself" by Karen Beaumont!

This book reminds us to love and appreciate every part of ourselves! Enjoy the all-natural recipes below to give yourself some fun self-care!



Oatmeal Face Mask!

Ingredients:

- 1 cup of oatmeal
- 6 Tbs. honey
- 6 Tbs. plain yogurt
- 1 sliced cucumber

Directions:

1. Cook one cup of oatmeal based on package directions
2. Mix honey and yogurt together in a bowl
3. Add oatmeal, mix, and set aside to cool to room temp.
4. Once cooled, apply mask to face *avoiding eye area* and place cucumber slices on eyes
5. Relax! Let mask sit for 10-15 mins. Before rinsing off with warm water

Don't forget to share your work with us! @nationallibertymuseum #nlmathome

Lemon & Sugar Body Scrub!

Ingredients:

- 1 Tbs. olive oil
- 1 Tbs. honey
- Juice from ½ lemon
- ½ cup granulated sugar

Directions:

1. Whisk together olive oil, honey, and lemon juice in small bowl until fully combined
2. Stir in the sugar until fully combined
3. Gently rub into skin in circular motions for about one minute
4. Rinse off with warm water

**Recipe can be doubled for more scrub! **

Sugar Cookie Foot Scrub!

Ingredients:

- 1 cup white sugar
- 2/3 cup brown sugar
- ½ cup olive oil or coconut oil
- 1 tsp vanilla

Directions:

1. Mix all ingredients together in a small bowl until fully combined
2. Gently massage into the bottom of clean feet
3. Rinse with warm water
4. Scoop remaining mixture into a sealed jar for safe keeping