



BRIGHTENING BLUEBERRY FACE MASK

Antioxidants in blueberries protect and repair previous damage while vitamin C from lemons brightens skin.

Combine **1 tablespoon crushed ripe blueberries**, **1 tablespoon lemon juice**, **1 tablespoon cucumber juice**, **2 tablespoons baking soda**, and let sit for 15 to 20 minutes. Gently rinse with warm water.

EXFOLIATING BAKING SODA FOOT SOAK

The baking soda treats calluses and helps loosen dead skin.

Recipe: Add a ratio of **½ cup baking soda** for every **3.5L of warm water** in a shallow tub and stir until the powder dissolves. Sit back and relax, soaking feet for about 30 minutes. Rinse away the baking soda and pat feet dry before applying foot cream and slipping on a pair of cotton socks.



NOURISHING MILK HAND SOAK

A warm milk soak will soften hard or callused hands.

Recipe: Heat **2 to 3 cups whole milk** (enough to completely submerge both hands) in the microwave until it's warm. Pour into a bowl and let hands soak for five to 10 minutes, allowing the fat from the milk to hydrate, and vitamins A and E to nourish dry skin.

