

Week 3 Beauty – Face Cleanse with Deborah



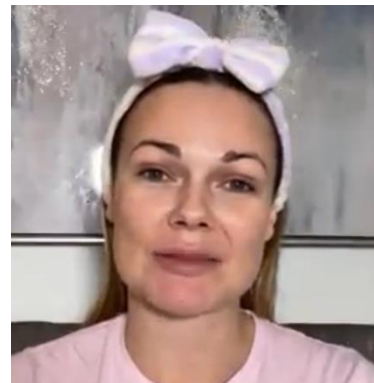
Name:



Date:



New Directions: Health and Wellbeing and Personal and Social Development.



1. First fill a bowl with luke-warm water. Then put your face cloth into the bowl. Keep hair back from your face with a hairband.



2. Squeeze the water out of the cloth. Then dampen your face with the cloth.



3. Get your cleanser. Lather it up in your hands and then apply it to your face as shown in the video.



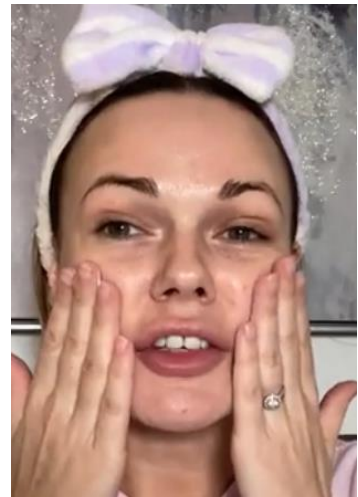
4. Rinse your face with the face cloth and pat it dry with a towel.



5. If you have a toner you can spritz it onto your face.
Let it dry in.



6. Apply your moisturiser as shown in the video.



Did you enjoy this activity?

Colour the face that is your answer.



Will you try this face cleanse again?

Colour the face that is your answer.



Did you feel relaxed after your facial cleanse?

Colour the face that is your answer.



Would you recommend a facial cleanse to your friends?

Colour the face that is your answer.

