

Activities at Home

DIY Cucumber Sheet Mask

Are you looking to reduce your waste? Try making one of these DIY sheet masks that you can use over and over again as part of your at home skin care routine!

Supplies:

- Old T-shirt
- Scissors
- Bowl
- 1 Cucumber
- Grater
- Strainer or cheese cloth
- Facial oils or serums *optional*

Directions:

1. Cut out and trace the sheet mask template on to your T-shirt.
2. Cut out the sheet mask you traced onto your t-shirt.
3. Grate your cucumber into a bowl.
4. Strain the cucumber juice into a separate bowl.
5. Add any facial oils or serums to your bowl of cucumber juice.
6. Place your t-shirt mask into the bowl and make sure it is fully submerged in the cucumber juice.
7. Refrigerate your sheet mask for 20-30 minutes.
8. After refrigeration, place the sheet mask on your face for 15-30 minutes.
9. Relax.
10. Remove and wash your face.

