

GLITTER & SHINE!

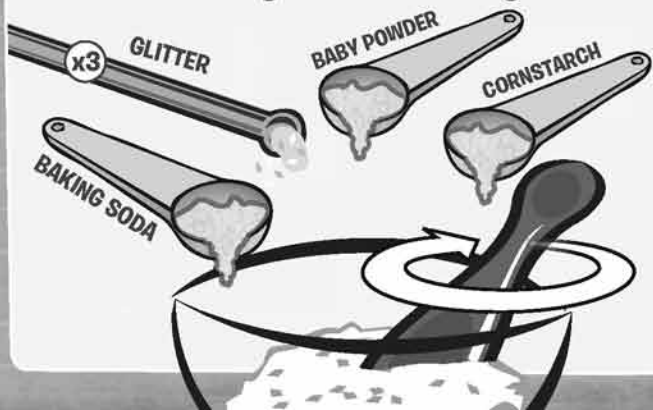
Have you ever noticed someone whose face seems like it has its own special sparkle, straight from the sun? With a little science plus some creativity, held together with honey—or maybe even cornstarch—you can get your own sun rays too, anytime you like.

GLITTER DUST

1 teaspoon baking soda/bicarbonate of soda
1 teaspoon cornstarch
1 teaspoon baby powder
3 scoops glitter
2-3 cotton balls • Fabric circle • Ribbon

STEP ONE

Measure out these ingredients and mix together in a bowl.



STEP TWO

Pour mixture onto your fabric circle.

NOTE:

You can also use a cupcake liner. Just poke three small holes in the center of it.



STEP THREE

Pull apart cotton balls and blend together to make one large cotton ball. Lay cotton on top of powder.



STEP FOUR

Tie with ribbon to close. Pat powder on your body wherever—and whenever—you need a little sparkle!



GLITTER GEL

1/2 teaspoon aloe vera gel • Honey • Glitter

STEP ONE

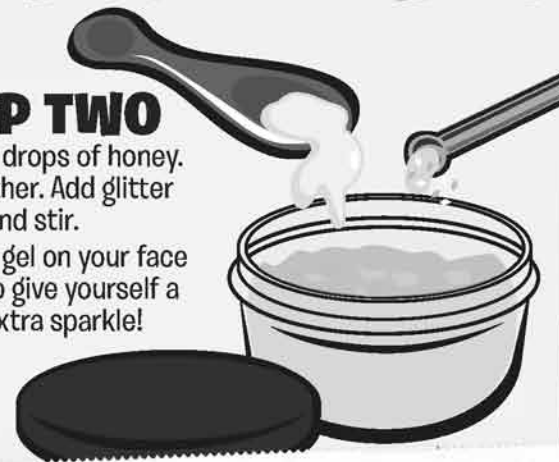
Pour aloe vera gel into small lidded pot.




STEP TWO

Add a few drops of honey. Mix together. Add glitter and stir.

Use glitter gel on your face or body to give yourself a little extra sparkle!



 Aloe vera (AL-oh VAIR-uh) is used in lots of skin and beauty products, like cleansers, moisturizers, and creams. It has a reputation for soothing skin. The gel alone can be used to relieve skin irritations, like sunburn.

SCRUB-A-DUB!

Sugar scrubs feel rough when you use them, but it's worth it when you rinse off. They make your skin soft and moist. Use these scrubs on your hands and feet, or all over your body in the bath. Just don't put any on your face!

SUGAR SCRUB

2 tablespoons olive oil

1/2 teaspoon flavored extract or essential oil

6 tablespoons (75 g) brown sugar, packed

STEP ONE

Mix olive oil and flavored extract or essential oil together in a bowl.



STEP TWO

Add brown sugar.
Mix well.
Spoon into large lidded pot.



**ADULT HELP
NEEDED!**

PUCKER UP!

Once you've mastered this recipe for lip balm, you can get creative by adding whatever colors or flavors you'd like. Try chocolate chips or vanilla extract! Or mix in some shavings of lipstick. This is a great way to recycle the end of a tube! Add these extra ingredients after microwaving. That's step two.

BASIC LIP BALM

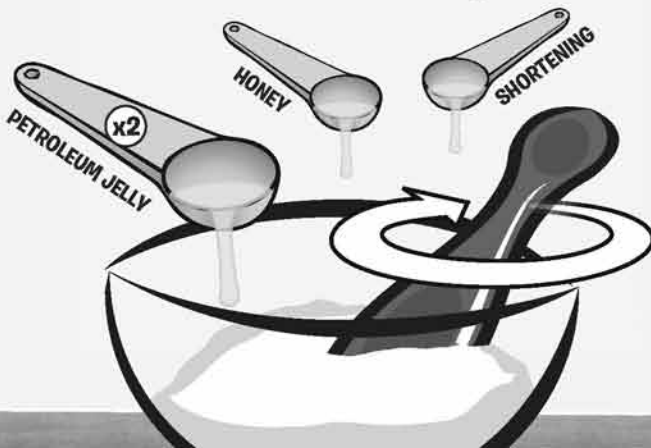
2 teaspoons petroleum jelly

1/8 teaspoon honey

1/8 teaspoon vegetable shortening

STEP ONE

Measure out all ingredients into a microwavable bowl. Mix together.



STEP TWO

With an adult's help, microwave on high for 20 seconds. Stir, then repeat until fully melted.



STEP THREE

Spoon mixture into your small lidded pot.


**ADD GLITTER
IF YOU WANT!**



STEP FOUR

Freeze for 15 minutes, or until solid. Then apply the balm to your lips!



 Petroleum jelly—it's a mouthful to say—sounds like something you should put in a car's gas tank to make it run. It has an oil base, so if you try mixing it with water, you'll be frustrated; it won't work! What WILL work is putting it on dry lips, because the oil helps soften the skin.