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Activity #1: Sunburn IQ

BEAUTY/SKINCARE IDEAS

Beautiful skin is the most important accessory you can have!

So here are more skin care ideas that are easy and inexpensive to cook up at home.

Avocado Hair Treatment

This easy (and edible) hair treatment is easy to whip up and will make your hair soft and shiny. Mix together 1/2 ripe avocado, 1 Tbsp. olive oil, 1/2 small banana, and 1 egg yolk. Rub into hair and cover your hair with a towel or shower cap for one hour. Rinse and shampoo and feel that soft, gorgeous hair. Awesome!

Homemade Skin Care Recipes From Your Very Own Kitchen

Orange Mask (Great for dry or combination skin)

Mix 1 ripe banana, 1 tsp. olive oil, and 1 drop orange essential oil (from a health food store). Rub on your face and leave on for 15-20 minutes. Rinse with lukewarm water, apply a soothing moisturizer, and get ready to glow, girl!

Almond & Honey Mask

Grind up 1/4 cup almonds in your mom's clean coffee grinder. Mix with 2 Tbsp. honey and a few drops of water as needed. This makes a wonderful (and quite tasty) facial scrub. Good for all skin types, especially oily skin.

The Water Treatment

Good old H₂O is essential for washing your hair and skin, but drinking 8 glasses a day is a simple beauty solution that will make your skin glow. So replace soft drinks with water and drink up!

Easy Acne Treatment

Here's an incredible cure for stopping horrible acne breakouts before they happen. If you feel a large pimple forming under the skin, run very hot water (as hot as you can stand) onto a washcloth then hold the hot cloth on the problem area for up to five minutes time. This is especially good for preventing large, deep pimples from forming and becoming major problems. It really works and it's a snap! Apply as needed.

RU READY FOR SUMMER?

Summertime opens all kinds of new and fun fashion opportunities. But summertime skincare is especially important! So if you're going to be showin' a little more skin, you better be ready. No matter what your skin tone is, you gotta protect yourself from the sun, girlfriend!

Take this sunburn IQ test to be sure you're ready for the beach!

1. Fair to beige skin will burn after how many minutes in the hot sun?

- a. 10 b. 30 c. 20

Correct answer - C

2. Deep, darker skin will burn after how many minutes in the hot sun?

- a. 2 hours b. 1 hour c. 40 minutes

Correct answer - C

3. When you head out for a day in the sun you should always wear:

- a. A sunhat b. Lotion with SPF sunblock protection c. Sunglasses

Correct answer--All three, but mostly wear sunblock!

4. What's the best treatment for sunburn?

- a. Diet Coke b. Two aspirin and a cold compress c. Aloe vera gel or lotion

Correct answers: b & c

If you scored 4 perfect answers, you're ready for the beach!