Facemasks fit for a pharaoh

The ancient Egyptians thought that beauty and skincare were extremely important. Archaeologists have even found make-up and skin lotions in tombs!

Honey was also used lots by the ancient Egyptians – in food, beauty products, and even in embalming the dead.

This mixture was one of Cleopatra’s favourites – she is even said to have taken daily milk and honey baths!

You will need:
- Milk (1 tbsp)
- Honey (1 tbsp)

1. Mix the milk and honey in a small bowl until the honey is completely dissolved (pictures a–c).
2. Over the sink, gently apply the mixture to your face. Remember to wash your hands before and after – the honey is very sticky!
3. Sit back and relax for 5–10 minutes.
4. Use warm water to wash the mask off and pat your face dry with a towel.

Top tip!
If you have sensitive skin, test a bit of the mask on a small area of skin first.