**C/S/A-Healthy Living-Self Care**

**Activity 1**: Lip scrub

Supplies:

* 2 teaspoons of brown sugar (\*substitute white sugar if needed)
* 1 teaspoon Coconut oil (\*substitute olive oil)
* ½ teaspoon of honey
* ¼ teaspoon of vanilla extract (optional)
* Measuring spoons
* Mixing bowl
* Mixing utensil
* Paper towels
* Small container with lid

**Activity 2**: Face Mask

Supplies:

* ½ of a banana
* 1 tablespoon of honey
* 2 teaspoons of oatmeal

Objective: Older girl scout will have the opportunity to practice self-care and learn the skill of measuring. Lip scrub and face mask utilize natural ingredients that are easily accessible.