



# Simple DIY Skin Care

## 簡易皮膚護理

# 蕃茄杏仁面膜

## Tomato Almond Mask



功效：深層清潔油性及中性皮膚

Deep cleansing oily and neutral skin

➤ 新鮮蕃茄一個，杏仁粉少許

One fresh tomato, a little almond flour

➤ 把蕃茄搗成漿狀，加入杏仁粉混和，塗在臉上15分鐘，用冷水洗臉部

Pound the tomato into a paste, mix with almond powder, apply to the face for 15 minutes, and wash the face with cold water

# 杏仁蛋白面膜

## Almond Protein Mask



功效：美白，杏仁有滋潤作用，有助收細毛孔

Whitening. Almonds have a moisturizing effect and help to shrink pores

➡ 將適量杏仁粉，加蛋白混和成糊狀，塗在臉上2分鐘，然後用清水洗淨

Mix an appropriate amount of almond flour, add protein and mix to form a paste, apply to face for 2 minutes, then wash with water



# 蛋白面膜

## Protein Mask

功效：收緊毛孔及鬆弛皮膚

Tighten pores and loosen skin

➡ 將蛋白打成泡狀，敷在臉上，待蛋白乾涸，皮膚緊繃後，用暖水洗淨皮膚

Beat the egg whites on the face and apply to the face.  
After the protein dries up and the skin is tight, wash the skin with warm water



# 雞蛋蜜糖面膜

## Egg Honey Mask

功效：滋潤，令皮膚柔嫩光滑

Moisturizes, leaving skin soft and smooth

➡ 將蛋黃(不要蛋白)和蜜糖，可加 2 / 3 滴檸檬汁混和，塗於面上，15 - 20 分鐘，用清水洗淨面部

Mix egg yolk (no protein) and honey, add 2/3 drops of lemon juice, spread on the face, 15-20 minutes, wash the face with water



# 西瓜汁

## Watermelon Juice

功效：皮膚潔白，細嫩，光澤

Whiten skin, delicate and shiny

- ➡ 用西瓜皮輕輕按摩面部數分鐘，再用清水洗淨
- ➡ Gently massage the face with watermelon peel for a few minutes, then wash with water



# 草莓面膜

## Strawberry Mask

功效，滋潤，美白

Moisturize and whitening

- 3 至 5 隻草莓弄碎，加入牛奶，蜜糖，攪成糊狀，塗於面部，20 分鐘後，用溫水洗淨
- Crush 3 to 5 strawberries, add milk and honey, mix into a paste, apply to the face, and wash with warm water after 20 minutes