



Put a bright face on

Simple, thrifty and effective, this DIY turmeric face mask is just the thing for lifting the spirits on a grey day

words and photos *tahmina begum*

On those dull days, when you wake up and the colour in the room looks like it's been filtered under category 'bleak', a warming spice can make you feel brighter. Turmeric has been used for centuries across various lands, stretching from Iran across to India and up to China - a utilitarian extra, a remedy bottled in a myriad of ways.

And a turmeric face mask is something I keep stored (in my fridge) always. This family recipe has been passed down to me, slathered on in festivities, and it's a colour I associate with home.

I'm not promising a cure to fix all skin worries - all skin types are different and your own skin is ever-changing and may differ between seasons - but this turmeric mask is great for exfoliating dead skin cells and calming acne-prone skin. Turmeric is made up of thousands of different ingredients that help regulate your skin's oil production.

This can also be a wonderful body mask. Slather it on, then apply down your neck and just keep going making your bath turn an orangey colour. (Wipe it down quickly as it can stain. But that's just part of the fun.)

Turmeric face mask

You will need:

- 1 teaspoon of turmeric
- 2 tablespoons of flour
- 2 tablespoons of honey
- 2-4 tablespoons of milk (soy / almond milk can also be used)

1 In a container, mix 1 teaspoon of turmeric (East End brand is affordable and can be purchased in all good supermarkets. Best avoid supermarket-saver versions), then add 2 tablespoons of flour to thicken the face mask. If you have acne-prone skin, choose a flour which is on the grainy side, gram flour works a treat.

2 Now it's time to include the secret for hydrated skin: two tablespoons of honey (add another teaspoon if your skin is particularly dry) and then add in your milk slowly so it all churns into a thick paste.

3 You don't want it to be runny or like a liquid (if this becomes the case, just add more flour and turmeric to ratio) but instead the mask should stick to the end of your spoon until it plops into your mixing bowl.

4 Leave on your skin for 20 minutes and wash off with a moisturising face wash (a step which is necessary if you have paler skin to avoid a yellow tinge). To get into real DIY spa mode, put your spoons in the freezer for 5-10 minutes to make your skin feel cool when applying the mask. ♦



Store in the fridge and it'll last two to four weeks.

*Additional suggestion:
please take a selfie -
there are only so many
times in our lives we can
look like a proud Cheeto.*

