**Self-care**

Looking after our mental health is very important while we’re self-isolating so here are a few self-care ideas:

* Take longer baths – use bubble bath, salts, light some candles and play some soft music in the background if you can
* Give yourself a manicure – file your nails, paint them with your favourite colour, and use a pleasant-smelling hand cream to finish
* Make your own face and/or hair mask using the recipes below, apply and relax for 20 minutes before rinsing off

**Face mask recipe**

Mix together 1 medium banana, 2 tbsp honey and 3 ½ tbsp natural yoghurt. Apply to your face and leave on for 10-20 minutes before rinsing with cold water.

**Hair mask recipe**

Mix 3 ½ tbsp coconut milk with ½ tsp of olive oil (double this if you have very dry hair). Comb it through your hair and wrap in warm towel for 20 minutes.