



Some skincare facts from long ago. Circle the answer that you think is most likely correct. Good luck!

Some weird, some informative, test your knowledge...
Circle the best answer

1. A facial mask can rejuvenate your complexion. Over time various products, not created for the face, have been used. Guess which ones!
 - a. Milk of Magnesia
 - b. Pepto Bismol
 - c. Mylanta
 - d. a & b
 - e. All of the above
2. Cellulite, why does this happen? It is a problem for most women. Models, yes they have it to, believe in a trade secret to improve the appearance of their dimpled buttocks and thighs.
 - a. Red wine applied with a cotton ball
 - b. Massaging affected areas with coffee grounds
 - c. Lavender essential oil rubbed into cellulite with body brush
 - d. Spot exercise
3. Pimples, we all get them. Old, young, male, female, it doesn't matter. What do you think can work to make that red bump appear less horrific?
 - a. Ice placed on pimple for 30 to 40 seconds
 - b. Cortisone injection
 - c. Visine
 - d. Preparation H
 - e. All of the above
4. Where do women of all ages commonly rub banana peels over their face and body to soften skin and protect it from the sun?
 - a. Africa
 - b. USA
 - c. Jamaica
 - d. Tahiti
5. In Spain young girls sometimes party a little too much, a common symptom is black circles under their eyes. What common treatment do they use to correct the problem?
 - a. Red Wine applied with a cotton ball
 - b. Potato slices
 - c. Aloe Vera leaf juice
 - d. All of the above
6. Which essential oil has been used over time to tone skin and tissue?
 - a. Peppermint
 - b. Lavender
 - c. Grapefruit
 - d. Tea Tree Oil
7. You should avoid the following to keep the appearance of your legs looking their best!
 - a. Crossing legs
 - b. Alcohol
 - c. Carbonated beverages
 - d. Processed Foods
 - e. All of the above



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8. Do you have sallow skin maybe it is genetic, or perhaps poor diet, or maybe... a very late night out. Irregardless, which of the following will help your skin perk up?
 - a. Splash your face with cold water for 5 to 10 minutes.
 - b. Lightly slap your face until you feel a tingling sensation.
 - c. Apply bronzer or shimmer powder to your face.
 - d. Hang your head upside down for 30 seconds.
 - e. All of the above

9. You look in the mirror and your complexion on your face looks beautiful. You put on a cami and are in shock at the pimples on your chest and back! What is a great weekly plan to clear up these problem areas?
 - a. Rubbing coffee grounds into skin followed by seaweed wraps twice a week.
 - b. Vigorously scrubbing chest and back area with a body brush daily in shower, followed by an application of acne medication.
 - c. Wear cotton clothing during the day and night, weekly apply a body mask, and thoroughly wash chest and back area daily just as you would your face.

10. It is time to bare your stomach, maybe a special evening or a walk on the beach. Your skin is moisturized and glowing however your extra bloated and puffy. What could have caused this?
 - a. Carbonated beverages
 - b. Chewing gum
 - c. Using a straw while drinking
 - d. Eating beans, peppers or onions
 - e. All of the above

11. The most beautifully made up face can be ruined by a yellow smile which if the following can make your smile brighter and whiter?
 - a. A mixture of baking soda and coarse salt applied with your fingers and allow to sit for 60 seconds.
 - b. Strawberries mashed into a pulp and applied to teeth for several minutes. Yummy!
 - c. Baking soda and hydrogen peroxide rubbed into teeth, avoiding gums. Leave on for 5 minutes.
 - d. All of the above

12. Which fruit applied to your skin contains natural salicylic acid that can help erase blemishes?
 - a. Bananas
 - b. Pineapple
 - c. Strawberries
 - d. Oranges

13. In what country do women of all ages use seaweed for cellulite, facial masks, and consume large quantities to make their hair grow?
 - a. Australia
 - b. Japan
 - c. Greece
 - d. China



pink papaya



skincare
questionnaire

Answer Key

1. D
2. B
3. E
4. C
5. B
6. C
7. E
8. E
9. C
10. E
11. D
12. C
13. B

Go over each answer and allow guests to share their opinions and comments!