



Together with my friend Zoë we had a small DIY party! We both took one of our favorite personal care products to understand better what we are putting on our body. To answer the question, if these products actually any good for our skin?



One of my favorite body care products which is called the Zoella Candy Cream.

My favorite products had many ingredients that I have never heard of and were very hard to pronounce.

A few of them that are actually not good for my body:

- Methylparaben: This chemical is a preservative that can be absorbed by the skin but can cause breast cancer tumors!

- Butylphenyl Methylpropional: This ingredient is to create stronger natural scents but it is known to be a cause of contact dermatitis which is a skin infection creating a rash.
- Alpha-Isomethyl Ionone: A masking ingredient in fragrances which is toxic for yourself and the environment.



My friend Zoë's favorite body care products, called Dead Sea Avocado Hand Cream.

My friend's cream was portrayed itself as very natural but the ingredients were written very tiny in multiple languages. With the English ingredients it says only: Avocado hand cream with natural oils, aloe vera, Dead Sea minerals and vitamin E. Without parabenes & perfumes. While with the Finnish ingredients there is a very long list of all kinds of ingredients that may also be toxic that Zoë and I would not have known. This is basically lying to the person who wants to buy this product who is not Finnish as they do not even have a chance to really see all the ingredients.

Zoë reacted very concerned as she did not know of that long list of ingredients in Finnish and wanted to research them and to see if this product is actually any good for her skin.

Three facts that I shared with my friend were the following:

1. That many of the products we use in our daily lives can cause cancer!
2. It has been tested that 20 teen girls aged 14-19, have been tested for at least two dangerous chemicals were present. There were an average of 13 hormone-altering cosmetic chemicals.
3. In many of our beauty products there are commonly found animal ingredients.

We together made an avocado face mask as we wanted to make a healthier version of a skin product using the same main ingredient of one of our previously favorite products, we used avocado.

We found a website on the internet which needed only 5 ingredients:

- ½ avocado
- ¼ cup uncooked oatmeal
- 1 tablespoon apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon lemon juice

All these ingredients have many healthy benefits such as that avocado is full with vitamin E, healthy fats, and antioxidants to keep your skin smooth. Due to the citric acid in the vinegar and lemon it can brighten the skin and reduce inflammation. The nose brightens the skin as well and cleanses. The oats work as an exfoliant to soothe the skin.

The website where I found the recipe and for more detail on the product: <http://nutritionstripped.com/honey-avocado-face-mask-natural-beauty-series/>

My friend thoroughly enjoyed the experience of making a facemask as she found that it was a fun little project, it was interesting for her to see the ingredients as a whole before it became a mush and felt that her skin really benefited from a healthy cleansing.



What the face mask looked like once finished and on the face.

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