

Day 9: Body



I invited two of my friend Maria and Jasmine to the DIY party and we decided to recreate two of their favorite products: Lipstick and lip scrub.

We looked up the ingredients on this two items and found out that almost all types of scrubs, body or lips, contained microbeads which how we learned in past challenges are awful for the environment. We also looked up the ingredients on one of their favorite lipstick brands and we found out quite a number of chemicals in them from led to arsenic. They were both very surprised to hear this information, since they didn't know everyday beauty products could cause such a negative and environmental impact.

Facts:

1. I told them how companies are free to put words like “natural” and “organic” without really being a true statement, and how they should be careful when purchasing this kinds of products
2. I also shared that there are thousands of chemicals that have not been inspected thoroughly on their impacts on human health. We should be selective on our body care purchases and investigate more about the companies that make our products
3. Lastly I told them how this chemicals are not only dangerous for humans, but also our environment. There are many negative environmental repercussions that we don't necessarily notice. We should think about the impact that we have on the environment, vote with our purchase.

Here are the recipes for both the products we made:

DIY Coconut Oil Lipbalm (by Kelly Dougher from bustle):

- 1 Tbsp of organic coconut oil
- 1 tsp of olive oil
- We added some organic vanilla for a nice flavor and smell
- A glass container (we used recycled ones that we had around)
- A microwave safe bowl

DIY Lip Scrub:

- 2 Tbsp sugar
- 1 Tbsp organic coconut oil
- 1 Tbsp of organic honey
- Organic vanilla for smell
- 1 glass container

Here is a picture of all our ingredients:



Here is a picture of Jasmine preparing her new lip scrub!!

Here we have Maria and Jasmine looking for DIY recipes.



The process :)



Finished Product!!!!

