

PGC2017 – DAY 9
GREENEST

BODY

A D.I.Y PARTY
VLOG



Team Name: EcoHawks

Username: EcoHawks

Email: EcoHawks2017@gmail.com

School: Jericho High School

Watch our vlog!

During our day off from school because of Columbus Day, Ben W. and Ben Y. (Ben[^]squared!) decided to invite over a friend, Amanda, to join them in making a D.I.Y. body product, specifically a foaming face wash.

LINK:

<https://youtu.be/6LCkBCWCr1c>



D.I.Y. Party: A Vlog |
EcoHawks



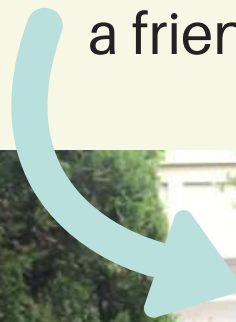
We felt like it was necessary to vlog our little adventure and party because it shows that we are making a true effort in making D.I.Y. eco-friendly products, which may **inspire others** to do the same as well in the future!

Team Name: EcoHawks
Username: EcoHawks
Email: EcoHawks2017@gmail.com
School: Jericho High School

Our D.I.Y. Party



This is **Amanda**,
a friend of BOTH Bens!

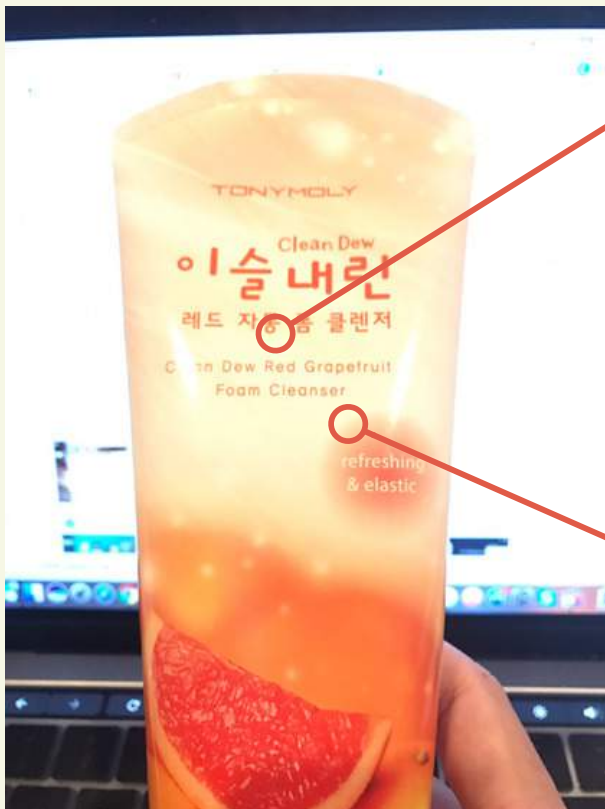


Team Name: **EcoHawks**
Username: **EcoHawks**
Email: **EcoHawks2017@gmail.com**
School: **Jericho High School**

Columbus Day was the perfect day to host a little get-together and ask someone who isn't directly part of PGC over to join our DIY party! There wasn't school, so we decided to meet at Ben Y.'s house. Amanda, a friend of both Bens, was willing to come over too to listen in on what we did for the Green and Greener challenge earlier in the day and to make a DIY body product too.



Amanda brought over a **TonyMoly Foam Cleanser** which she told us that she used every day to cleanse her face. Little did she know, however, that some ingredients on the back that she could not pronounce were harmful to human health as well as aquatic life!



COCAMIDOPROPYL BETAINÉ

Ben Y. did a bit of research online, and found out that this chemical **can cause cancer and irritates mucous membranes!**

It is also a causing factor of many dermatological diseases!

TRIHYDROXYSTEARIN

This chemical has been associated with **harm to aquatic life** in high amounts. Not only do chemicals hurt us, but they also hurt our environment!

Cetaphil Daily Facial Moisturizer

THINK DIRTY.

Team Name: EcoHawks
Username: EcoHawks
Email: EcoHawks2017@gmail.com
School: Jericho High School



Ben W. then shared a bit about what he did for the Green and Greener challenge for Day 9 PGC2017. He told her that he used the "Think Dirty" App to see whether or not the daily facial moisturizer he uses every morning can cause harm. She was very surprised to learn that such an everyday body product has a moderate level of toxicity (Score: 6) according to the app and that it has chemical ingredients that have been associated with cancer. It really is scary to see that so many of the body products we use have chemicals that can hurt our well-beings.

Search Product Shop

Cetaphil

Cetaphil Daily Facial Moisturizer with Sunscreen Broad Spectrum SPF 15

4 oz

26 246

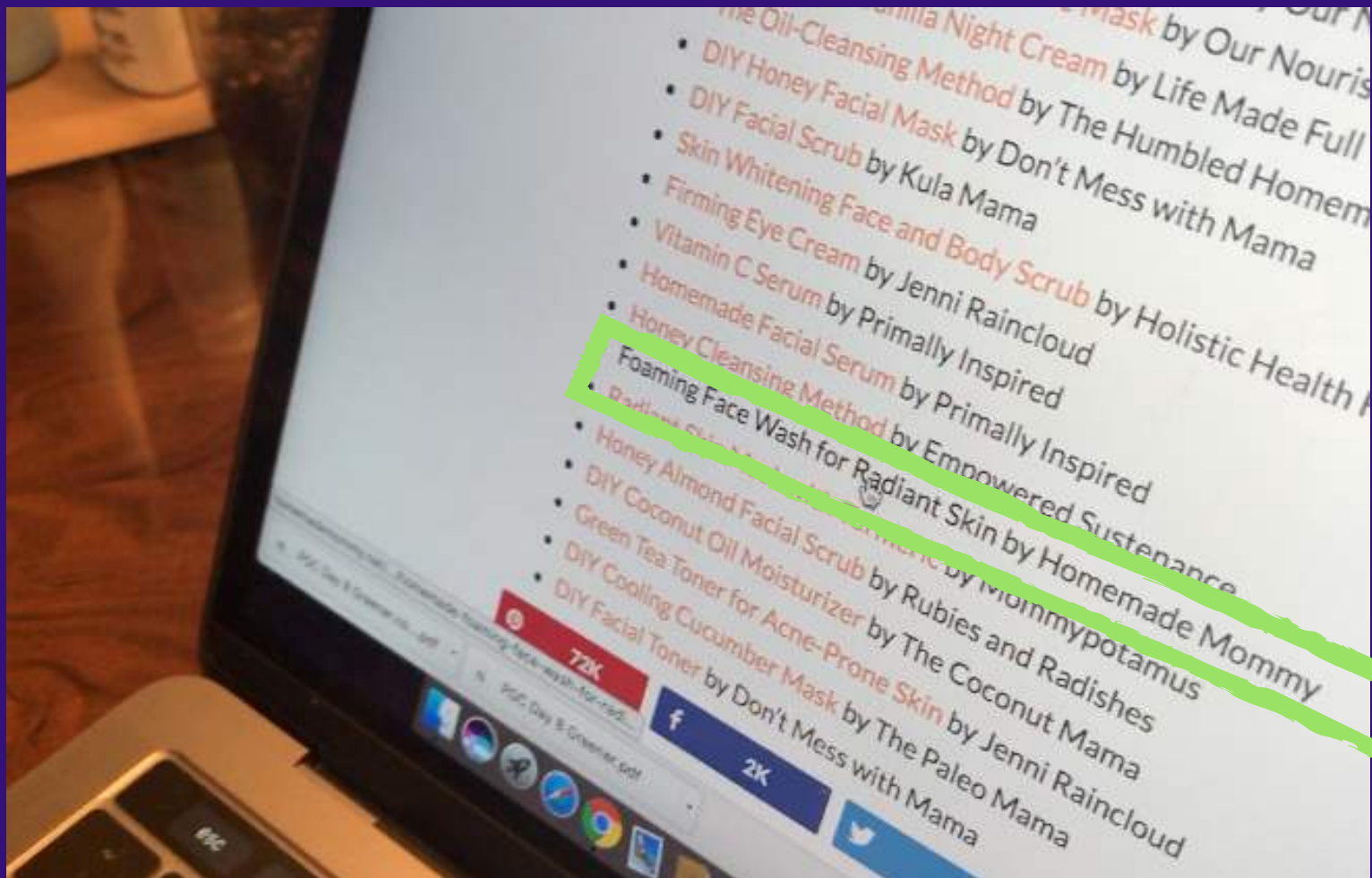
+ List + My Bathroom Shelf

Ingredients (16) Our Picks (16)

NEUTRAL 0-2 HALF N' HALF 3-6 DIRTY 7-10

Developmental & Reproductive toxicity

"That's really scary!"



We then decided to find a DIY recipe for a foaming face wash on the dontmesswithmama.com site, successfully finding a DIY recipe by Homemade Mommy titled "**Foaming Face Wash.**" This seemed like a viable alternative to Amanda's face wash, and we decided to make it for our party!

The ingredients needed in this foam face wash were:

- 1/2 teaspoon of Extra Virgin Olive Oil
- 1/3 cup castile soap
- 10 drops of orange essential oil
- 6 drops of rosemary essential oil
- 4 drops Lemongrass essential oil
- 2/3 cup water



Mix the oils
in the
castille soap!

Add the
water!



MIX!

Team Name: EcoHawks
Username: EcoHawks
Email: EcoHawks2017@gmail.com
School: Jericho High School

"It smells like orange, like the grapefruit
TonyMoly cleanser!

"It's really easy to make, so I think it will
replace my daily cleanser I've been using."

"It only takes a few minutes to make!"



Team Name: EcoHawks
Username: EcoHawks
Email: EcoHawks2017@gmail.com
School: Jericho High School

Overall, our DIY party was a **success**! Even though it was small, we believe we **made an impact** on someone else's life, or Amanda's, and we truly hope to inspire others to do the same in the future. That's why we made our video too!

Anyways, we *aim to create more DIY products in the future*. We hope that one day the products that we use will all be DIY, eco-friendly, and will help us feel fresher, healthier, and better!