

THE GREEN QUEENS

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DAY 9 BODY

PROJECT
GREEN
CHALLENGE

DIY PARTY!

What Did We Find?

We found that store bought dry shampoo (Batiste Dry Shampoo) contained ingredients such as propane or isobutane, which are explosives!! Furthermore, we found that body scrubs (Nuance Walnut Body Scrub) include polyethylene which is the most common plastic in the world!



How did my friends react?

They were shocked to find that their favorite personal care products contained so many harmful chemicals and that everyday they would be putting these toxins onto their bodies.

They were also shocked to find that they were putting explosives into their hair with the dry shampoo and they were basically rubbing plastic over their bodies with the body scrub! They wanted to change their daily routines immediately. And planned to use our DIY recipe for themselves when they got home!



3 Facts We Shared

1) There are very little regulations from the FDA for what producers can put in personal care products. This means that producers can be putting extremely toxic chemicals in the products we use legally. Almost 1,400 harmful chemicals have been banned from cosmetic and personal care products in Europe but only 11 of these toxic ingredients are banned in the US.

2) The skin is the largest organ and absorbs 60% of anything we put on the skin. That is why we need to be aware of what we are putting on our skin as many personal care products contain toxic chemical ingredients.

3) Greenwashing is also a business tactic that makes consumers believe that a product is “all natural” or organic. However, if you look at the ingredient list, you can see that it is not the case.



What We are Changing

When buying products, we are going to be aware of products that claim they are “natural” and “organic” and investigate their ingredients. Furthermore, switching to a more eco-friendly product, such as Acure products, would be safer and healthier. We also decided to make our own personal care products, such as our own spray-on dry shampoo and sugar scrub.



Spray-on Dry Shampoo

INGREDIENTS

- 1 tbsp of cornstarch
- 4 tbsp of water
- 1 tbsp of rubbing alcohol or organic ethanol
- Small mixing bowl
- Small spray bottle
- A few drops of essential oil for scent

STEPS

Mix it all together in the bowl, then pour the mixture into your spray bottle. It's that easy!

TO USE

Shake the ingredients up to mix each time you use. Spray into roots, just enough to dampen. Brush out into hair, then blast your roots with your hairdryer, fluffing with your fingers as you go. You can also air-dry if you're not short on time.

Source:

<https://www.beautylish.com/a/vxriy/diy-dry-shampoo-spray>



Warm Vanilla Sugar Scrub

INGREDIENTS

- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1/3 cup olive oil
- 2 Tbs honey
- ¼ tsp pure vanilla extract
- ½ tsp vitamin E oil (we found from another recipe that this ingredient is optional)

STEPS

Mix all ingredients in a small bowl until well combined.

TO USE

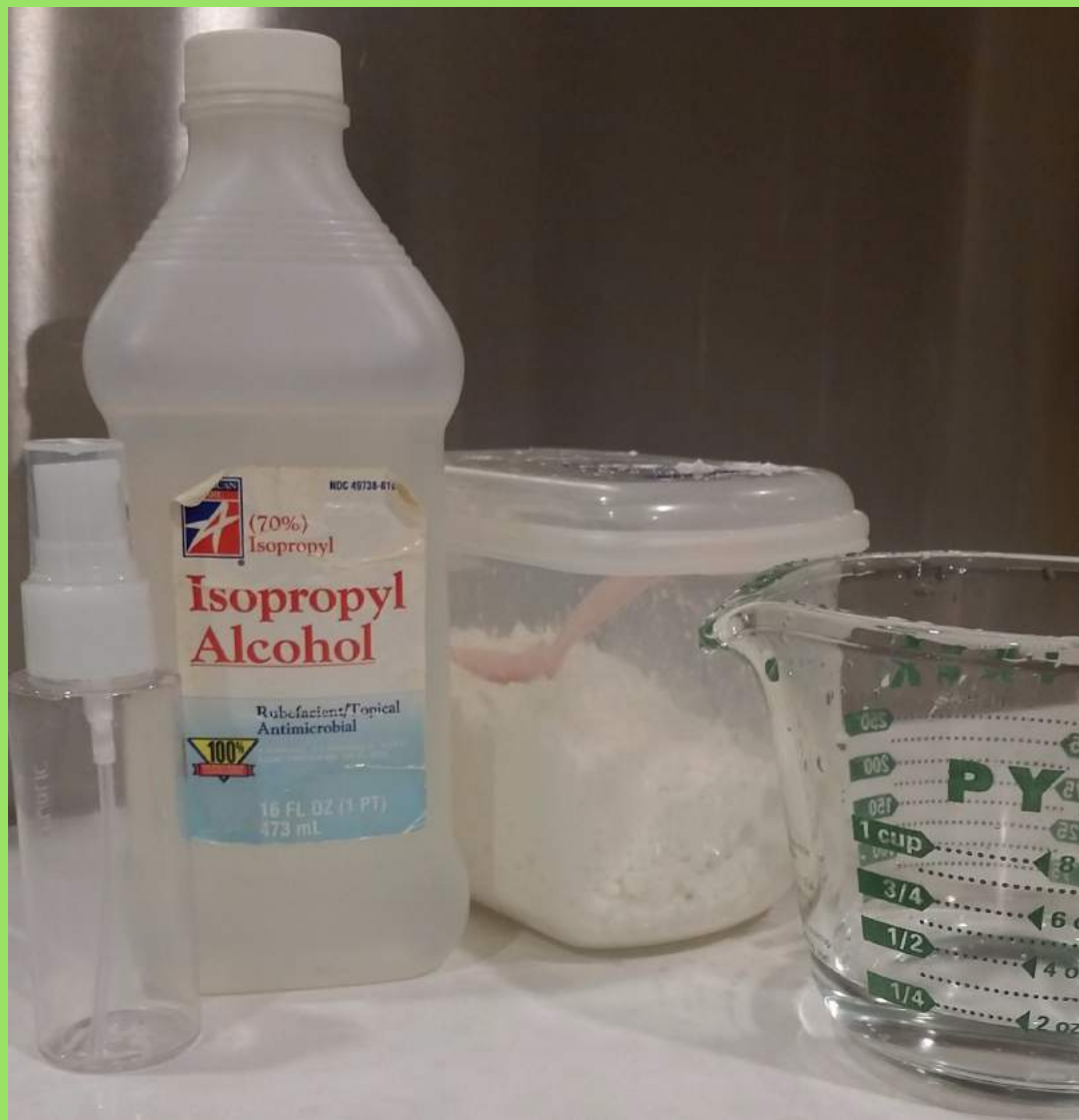
Apply the sugar scrub to your face, neck and throat. You might even want to use some on your hands to slough off dry or dead skin. Be careful not to scrub vigorously. Use a circular motion and work the scrub into your forehead, cheeks, chin and neck. Avoid the eye area completely. This skin is delicate and should never be exfoliated with a scrub. Rinse the face using warm water and finish with a nice cool splash of water to close pores. Of course, you can use this scrub on your whole body, too. Always finish with a cool rinse and pat skin dry with a clean towel.

Source:

<http://simplyshellie.com/warm-vanilla-sugar-scrub>

Pictures

SPRAY-ON DRY SHAMPOO



WARM VANILLA SUGAR SCRUB



Finished Products

