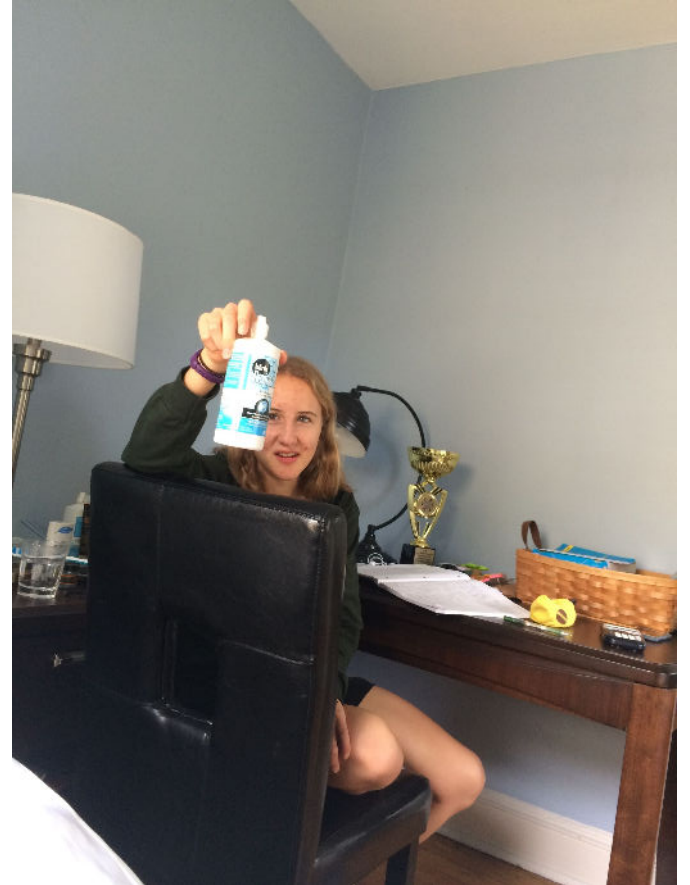


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DIY cosmetics project: PGC

Today, I went over to my friend **Lena's** house to complete the PGC challenge of today.

This is Lena and her contact solution which she uses to clean her contacts!



The investigation

We decided to investigate Lena's shampoo, created by Suave.

We weren't very surprised to hear that it contained bad ingredients.



What's wrong with Suave?

Suave contained Cocamidopropyl Betaine, which was mentioned in the introduction of the Day 9 challenge.

Cocamidopropyl Betaine has a moderate overall hazard and should be used with restriction. It can cause allergic contact and irritation.



Lena was so alarmed that she had to go lie in a field and contemplate her life (just kidding, but she probably considered it). However, Lena did say that she would stop using Suave and be more conscious about the ingredients in products.

I shared with Lena that:

- the government doesn't regulate chemicals put in cosmetics in the US
- women use roughly 12 cosmetics on their face daily
- skin absorbs 60% of everything we put on it (that's a lot of stuff!)



DIY natural shampoo

We decided to make a DIY shampoo to replace the Suave shampoo and including 3 ingredients:

- $\frac{1}{2}$ cup water

- $\frac{1}{2}$ cup Dr. Bronner's

-1 teaspoon vegetable oil



The final result!