

*Day 7 BODY*



**TEAM NIFTY**

**shivangi.k.chy@gmail.com**

In today's greener challenge, we investigated the toxins present in our shampoos, and this document would explore skincare specifically facial cosmetics. As part of today's challenge, I looked up the linked DIY recipe doc for facial scrub, although extensive I couldn't find any DIY recipe whose ingredients are available in my home. However, I distinctly remember watching my grandma apply all sorts of powder and paste on her face. And I daresay she looks young for her age with her supple skin and no acne scars. The best part of today's challenge was the blissful realisation that our beauty kit is in the kitchen.



**Completely natural and local**

**Face scrub**

**Ingredients**

**Multani Mitti (Fuller's earth)**

**To quote my grandma "this is heaven's soil". It's one of those age-old Indian tips that has been handed over generations.**

**And true to its name, Multani mitti is a great agent to clean, exfoliate and nourish the skin. With its active elements that effectively absorb oil, dirt, sweat and impurities, it also treats pigmentation, acne (oh, what I wouldn't give to get that glass skin), skin rashes and infection (it's an effective cooling agent). It can be used with a host of other ingredients to suit different skin types and achieve desirable results.**

**Besan (Gram flour)**

**It's a must-have beauty essential. A natural exfoliator. Besan is a tan removal agent. It's packed after grinding roasted or raw chickpeas. It has antimicrobial properties and is known to remove dirt and toxins from deep within. Fun fact-**

**Its paste (mixed with rosewater and turmeric) is applied to every soon-to-be Indian bride, to give her a beauty boost and make her skin glow on her big fat wedding day.**



## **Yoghurt**

**Yoghurt is rich in zinc and much like Multani mitti has anti-inflammatory properties. It also contains probiotics that will help restore our skin's natural barrier.**

**Did I forget to mention that it also has natural anti-bacterial and anti-fungal properties that can help prevent the breakout of acne and ensure glowing and healthy skin?**

## **Turmeric**

**Turmeric is one of the most prized condiments in the Indian spice cabinet. This golden spice is very effective against acne (again) and redness due to its anti-bacterial properties. It helps in eliminating the acne-causing bacteria and also removes the excess oil from the skin. (And hence a go-to ingredient of people with oily skin) great natural exfoliator and helps in removing dead skin cells.**

**Important: All these three ingredients have been carefully chosen to suit my skin type:acne-prone oily skin (hence yoghurt), but these can be mixed with milk to cater to people with dry skin**

sources

[https://www.google.com/url?](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.readersdigest.in%2Fhealth-wellness%2Fstory-multani-mitti-a-home-remedy-for-skin-and-hair-woes-126437&psig=AOvVaw3PcWs8raJWO7w0aoaZYJ3W&ust=1633784209818000&source=images&cd=vfe&ved=0CAsQjRxqFwoTCODZx9DuuvMCFQAAAAAdAAAAABAD)

[sa=i&url=https%3A%2F%2Fwww.readersdigest.in%2Fhealth-wellness%2Fstory-multani-mitti-a-home-remedy-for-skin-and-hair-woes-126437&psig=AOvVaw3PcWs8raJWO7w0aoaZYJ3W&ust=1633784209818000&source=images&cd=vfe&ved=0CAsQjRxqFwoTCODZx9DuuvMCFQAAAAAdAAAAABAD](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.readersdigest.in%2Fhealth-wellness%2Fstory-multani-mitti-a-home-remedy-for-skin-and-hair-woes-126437&psig=AOvVaw3PcWs8raJWO7w0aoaZYJ3W&ust=1633784209818000&source=images&cd=vfe&ved=0CAsQjRxqFwoTCODZx9DuuvMCFQAAAAAdAAAAABAD)

**All these are organically sourced and local How?**

**Besan- roasted and ground at home, chickpea from the farmer's market**

**Multani mitti- Local supermarket, soil in a brick form**

**Turmeric- grown in our Garden (since it's used for religious purposes and hence must be pure)**

**Yoghurt- fermented at home from milk.**

**Stored the dry powdery mixture in a stainless steel container.**

**This experiment of making family members try DIY was ridiculously hilarious for my family, more like 'told-you-so moment. I'm the only one in my family who orders expensive cosmetics. I never believed these natural hacks but turns out I was wrong all along.**

**NOT ONLY IS THIS COMPLETELY ORGANIC BUT IT ALSO SAVES ME THE TIME AND MONEY THAT GOES INTO SEARCHING AND BUYING THAT PERFECT SKINCARE PRODUCT.**

**They certainly enjoyed applying DIY and also the quality self-care time together. Our nuclear family rarely gets any self-care time together with my parents' busy schedule and my school work. They have agreed to use this mixture every alternative evening. A night routine.**

**Fun fact: they have vested the responsibility of choosing conscious personal care products on me. This happened after I informed them about my research on Tresemme shampoo as well as Garnier's face mask.**

<https://drive.google.com/file/d/1L4BosrLkdEHjmSaYnUPAL9D96Z5v97DY/view?usp=drivesdk>