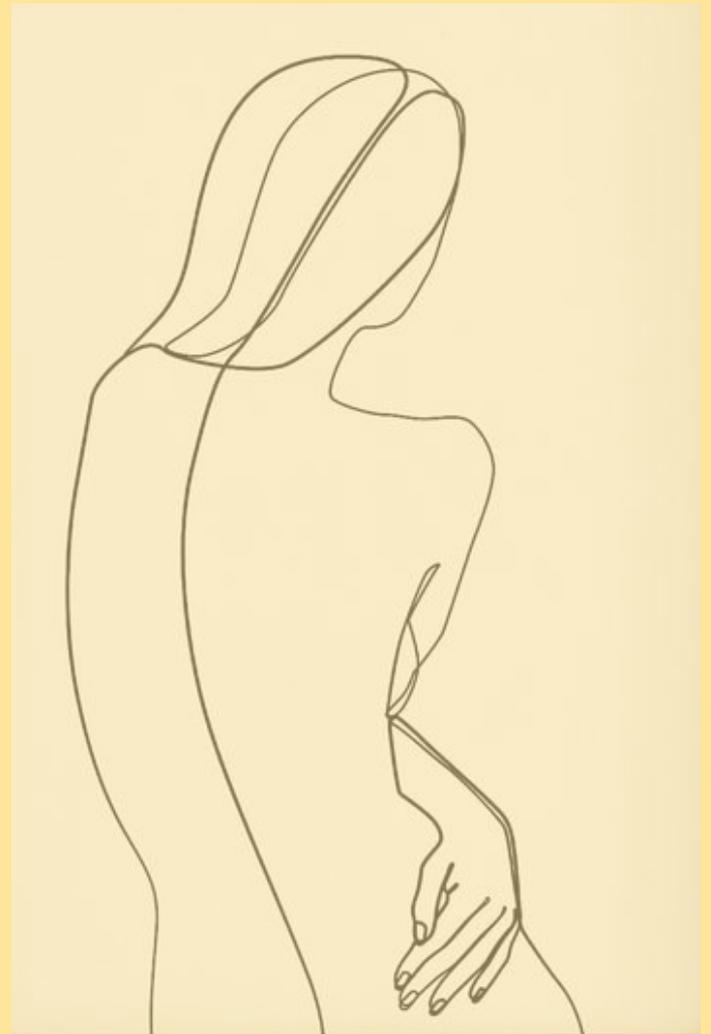


PGC day 6: body *greenest*

sarah cipollini
green queens
champlain college
PGC 2019



DIY recipe I made: coffee face scrub

the ingredients I used were...

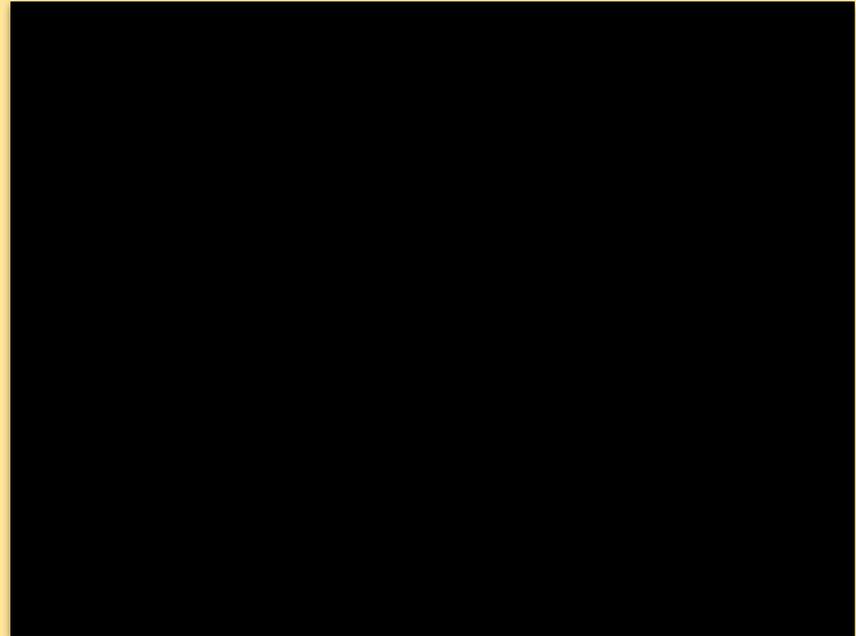
- ↳ *½ cup fresh coffee grounds*
- ↳ *½ cup brown sugar*
- ↳ *½ cup coconut oil (melted)*
- ↳ *1 teaspoon vanilla extract*

I did a coffee scrub because I love how invigorating the smell of a fresh cup of joe can be, and I was excited that I could make a body + face scrub with so few ingredients! I used all natural ingredients, most of which I already had in my kitchen - one of the things I love about DIY.

I used a small glass jar that used to have local honey in it to store my new coffee scrub, and I plan to reuse the jar again once I finish the scrub!

check out the next page for some infographics I made!

check out the process in this video I created...



infographics I created to share

DIY BEFORE YOU BUY

making your own bath + body products
benefits you, your wallet, and the planet!

1 WHY IS DIY BETTER FOR YOU?

when we make our own products, we know exactly what's inside of them and can make changes based on our personal preferences. you can also avoid harmful chemicals and additives often found in conventional products that can hurt more than help in the long run.



2 WHY IS DIY MORE COST-EFFICIENT?

fewer ingredients mean less you need to spend to make your new product. not only that, but usually when you make a batch for yourself there's enough left over to share with friends + use in the future- saving money.



3 WHY IS DIY BETTER FOR THE PLANET?

by making our own products and storing them in reusable containers, we bring less packaging into our homes and decrease waste. more natural ingredients also mean less harm to the earth when they go down the drain.



diy: coffee face scrub

just 4 ingredients,
natural + easy to make!

WHAT WILL YOU NEED?

- 1/2 cup fresh coffee grounds
(finer grounds are best)
- 1/2 cup brown sugar
- 1/2 cup melted coconut oil
- 1 tsp organic vanilla extract



STEPS TO MAKE:

1. mix the above ingredients together in a clean bowl.
2. place mixture in the refrigerator until it's a paste-like consistency
3. be sure to stir periodically to ensure the mixture combines well
4. remove from fridge and scoop into a reusable container for yourself, or a few to share
5. enjoy!



what people thought:

Kevin (21) -

"It looked funny, but my face felt great after using it! I would make the switch to DIY or natural personal care products, why not?"

Ariel (21) -

"For me it's really a struggle of time making DIY products, but I do work to buy local as much as I can."

Holland (32) -

"I would consider making the switch for some products! I usually buy fair trade or natural at the store, and there are some favorites that I'd want to keep using, but I could substitute some things for DIY products."

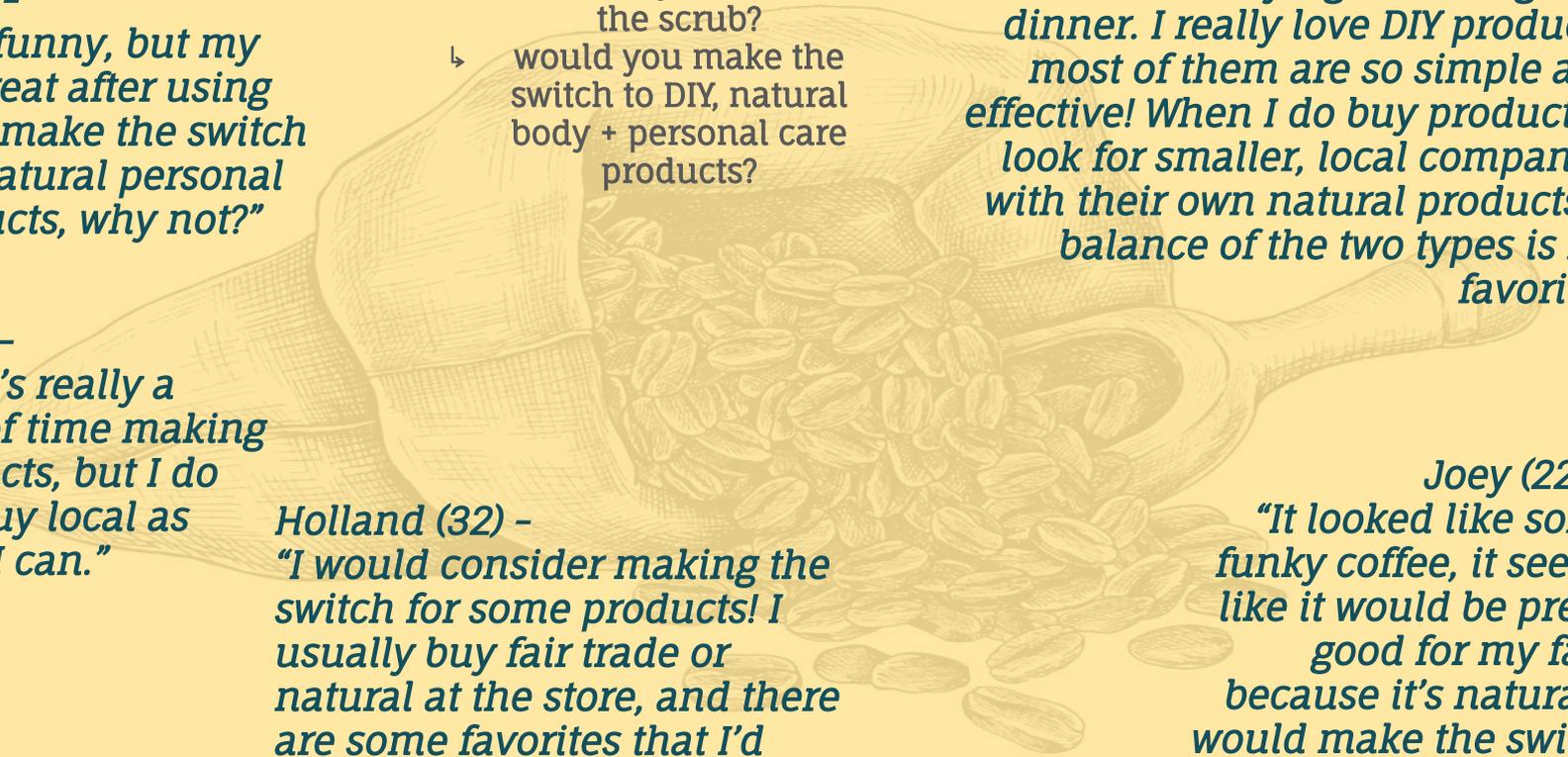
- ↳ what did you think of the scrub?
- ↳ would you make the switch to DIY, natural body + personal care products?

Holly (20) -

"The face wash looks nice! I look forward to trying it at our group dinner. I really love DIY products, most of them are so simple and effective! When I do buy products, I look for smaller, local companies with their own natural products. A balance of the two types is my favorite."

Joey (22) -

"It looked like some funky coffee, it seems like it would be pretty good for my face because it's natural. I would make the switch as well, if I really used personal care products more."



what I posted

DIY

have you ever made
your own bath + body
products?

YES

NO



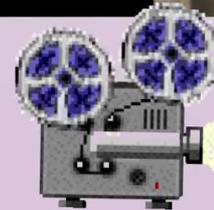
#PGC2019

@TURNINGGREENORC

today, i made my own
face + body scrub with
my morning coffee
grounds~
check it out...



DIY VIDEO OF THE YEAR!



#PGC2019

@TURNINGGREENORC



what I posted

@TURNINGGREENORG

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@TURNINGGREENORG

#PGC2019

project
green
challenge

make sure when
you get your
ingredients you
buy natural and
organic - don't
forget a bag!



think about
what you
already
have!



store your new
product in a
reusable container
to reduce waste



<https://www.instagram.com/gentlenaturegirl/>

thank you!