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Day 10 Greenest

Body

Challenge

DIY Recipe

I chose to make a hot chocolate face mask, which I modeled off of Good Housekeeping's "13 Easy DIY Skincare Treatments for Glowing, Healthy Skin." The ingredients I used were 1 tablespoon of hot chocolate mix, 1 tablespoon of sour cream, 1 tablespoon of maple syrup, and 1 egg white. The object I used to store my product was an old parmesan cheese container I repurposed from our recycling bin, which I covered with a cut-up sustainable-paper envelope and an extra star decoration I found in my bullet journaling box.

Challenge

Family Collaboration

Since my younger sister occupies the same room as me, I decided to ask her to try on my mask. She was going to bed, so only had time to put it on her nose. The three things I shared with her were that body care companies have little to no restrictions on what they market, the bad ingredients in the moisturizer and exfoliator we both use, and my new favorite lip balm brand! My sister was most surprised about the lack of restrictions, since she is also a climate activist and understands how problematic that it. She liked the cleanliness that comes from using a home-made recipe, and said she wants to start making more skin care at home. We will both switch to more conscious products once our current ones run out - I'm glad I was able to convince her!

Photos

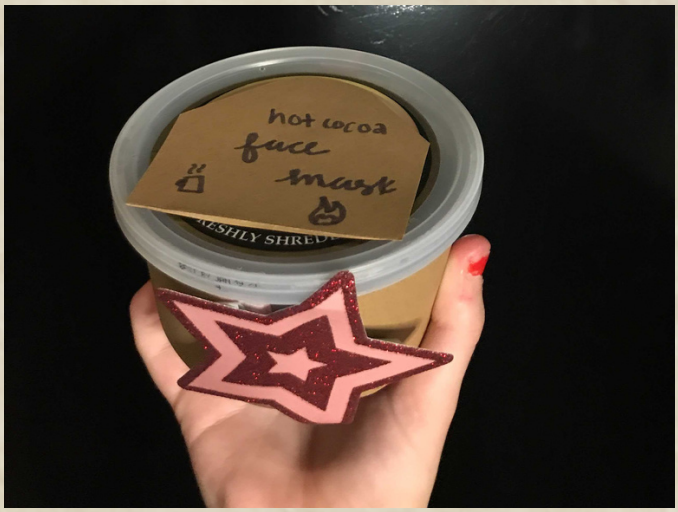
Recipe: 1 tbsp syrup

Recipe: 1 tbsp sour cream

Recipe: 1 tbsp cocoa

Recipe: 1 egg white

Mixture after combining ingredients



Final product post-creation & decoration

Trying it out with my sister

Social Media

Vlog: tinyurl.com/day10greenest

Caption: "This recipe made me wish it was December already! Instead of using store-bought body care, I decided to make my own hot chocolate mask modeled off of Good Housekeeping's "13 Easy DIY Skincare Treatments for Glowing, Healthy Skin." This experience was so fun, and you can check out my vlog of it at tinyurl.com/day10greenest @turninggreenorg @goodhousekeeping @goodhousekeepinguk #pgc2020 #projectgreenchallenge #day10greenest #vlog #skincare #winter"