

Audra Stuck  
[audra2325@gmail.com](mailto:audra2325@gmail.com)  
Indiana University

## CHALLENGE

I decided to make a DIY deep hair conditioner/ hair mask and had so much fun making it that I decided to make some moisturizing lip balm too.

For the air conditioner/ hair mask, I was looking for a recipe that I could share with the other person in my house, my mom. My mom and I have vastly different hair types, she has brittle curly hair, whereas I have fine straight hair, so I was looking for a recipe that could work for both of our hair types. I was also looking for a recipe where I had all the ingredients in my household. I really liked this recipe because it was so simple and easy yet the end result is so nice. For the lip balm I wanted something nourishing because with fall, my lips get really dry. I also wanted ingredients that I could find in my house. It was a little more complicated than the conditioner but it was still super easy. I know my house is atypical because I know that most houses wouldn't have all the ingredients that both recipes called for, like beeswax and cocoa butter, so I am very grateful that it does and I know that these ingredients are relatively easy to locate. It was also really nice to see all the ingredients separately and know their purpose and have them come together to create such a nice final product.

Three facts:

- I learned that most of the big name brand hair products contain carcinogens and other harmful chemicals. I knew that the hair products are not the best quality and that it can damage your hair, but I didn't know that it could literally cause cancer
- The FDA does not assess the safety of personal care products or their ingredients. They don't require all the ingredients be listed on the label. I had no idea that there was such a lack of regulation for personal care products, especially since these products are used directly on your skin.
- There are a lot of alternatives to conventional personal products and a lot of websites and information that is very useful to check labels

Mom:

My mom really enjoyed my products, which I am really glad because I made something that I hoped we could both use. As mentioned before, my mom has curly hair and she is super sensitive to fragrance, so she was really happy that she could use a product that worked so well in her hair that she can tolerate. She even asked me for the recipe and told me to make it again. I talked to her about the facts that I learned and the surprise that I felt learning about all toxic chemicals in conventional products. She was also surprised that it is so widespread and that the epa does not regulate the chemicals put into personal care products. My mom is already the type of person who looks at the

ingredients of her products because she is so sensitive to fragrance but she is so impressed at how well all my products turned out that she wants to start making more of her personal care products instead of buying them. I also showed her the different websites where you can check the ingredients of the product and specific brands that offer better alternatives.

I really enjoyed today's challenge, I learned a lot about personal care products and realized that there are more affordable alternatives to products than I thought. The DIY projects were so fast, easy, simple, and both recipes made so much. After reading all the labels on products and doing research about the chemicals, it was really nice to end the challenge by making my own products with sustainable ingredients and packaging. I was able to see where all the ingredients came from and their exact use in the recipe. Which was a nice change to all the unknown ingredients. I also repurposed jars thinking back to the zero waste challenge day and how much diy products cut down on waste because of the lack of packaging.

Recipes:

[DIY Deep Hair Conditioner with Coconut Oil, Shea Butter + Argan Oil](#)

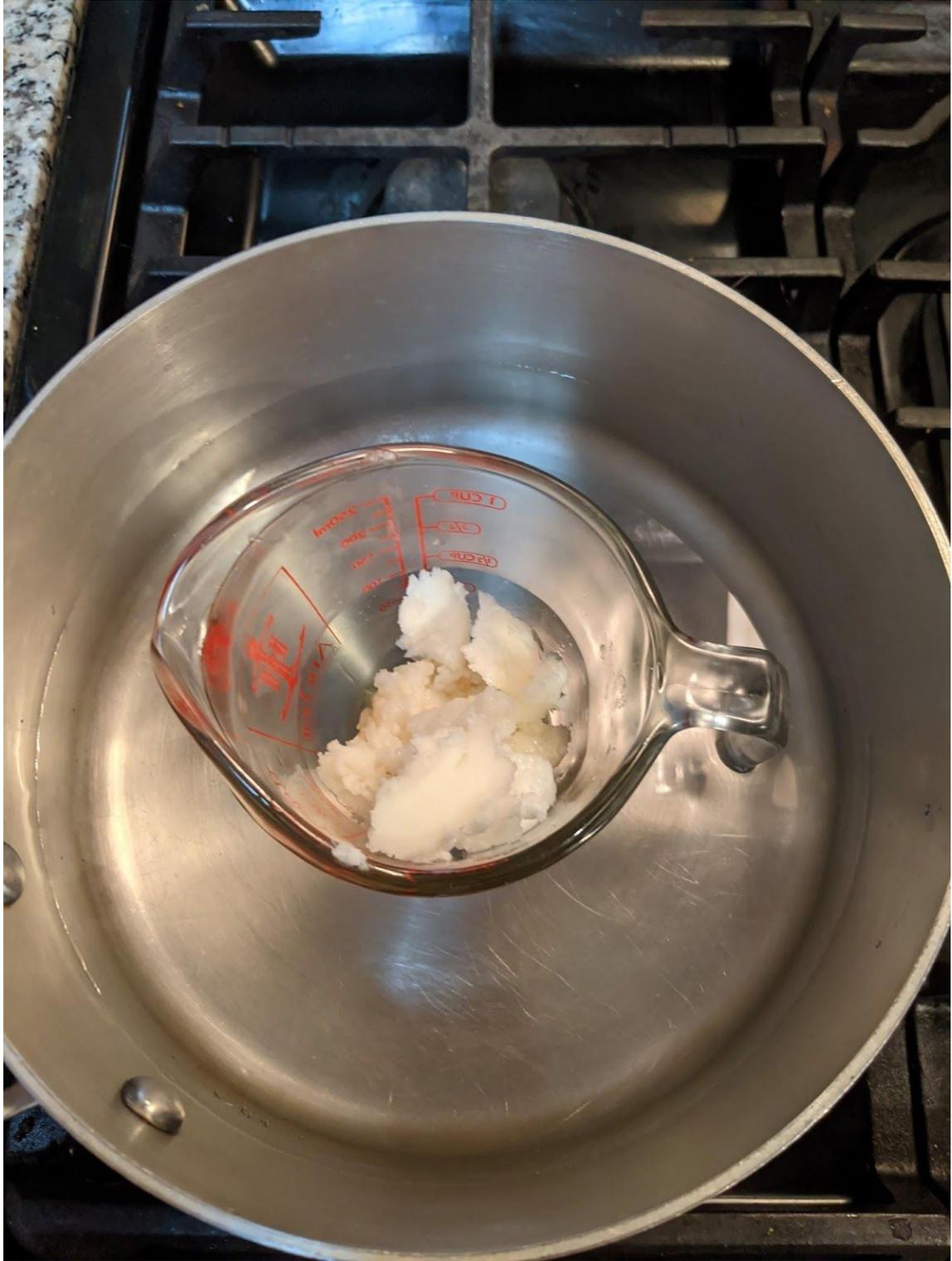
[How to Make Lip Balm at Home with Natural Ingredients](#)

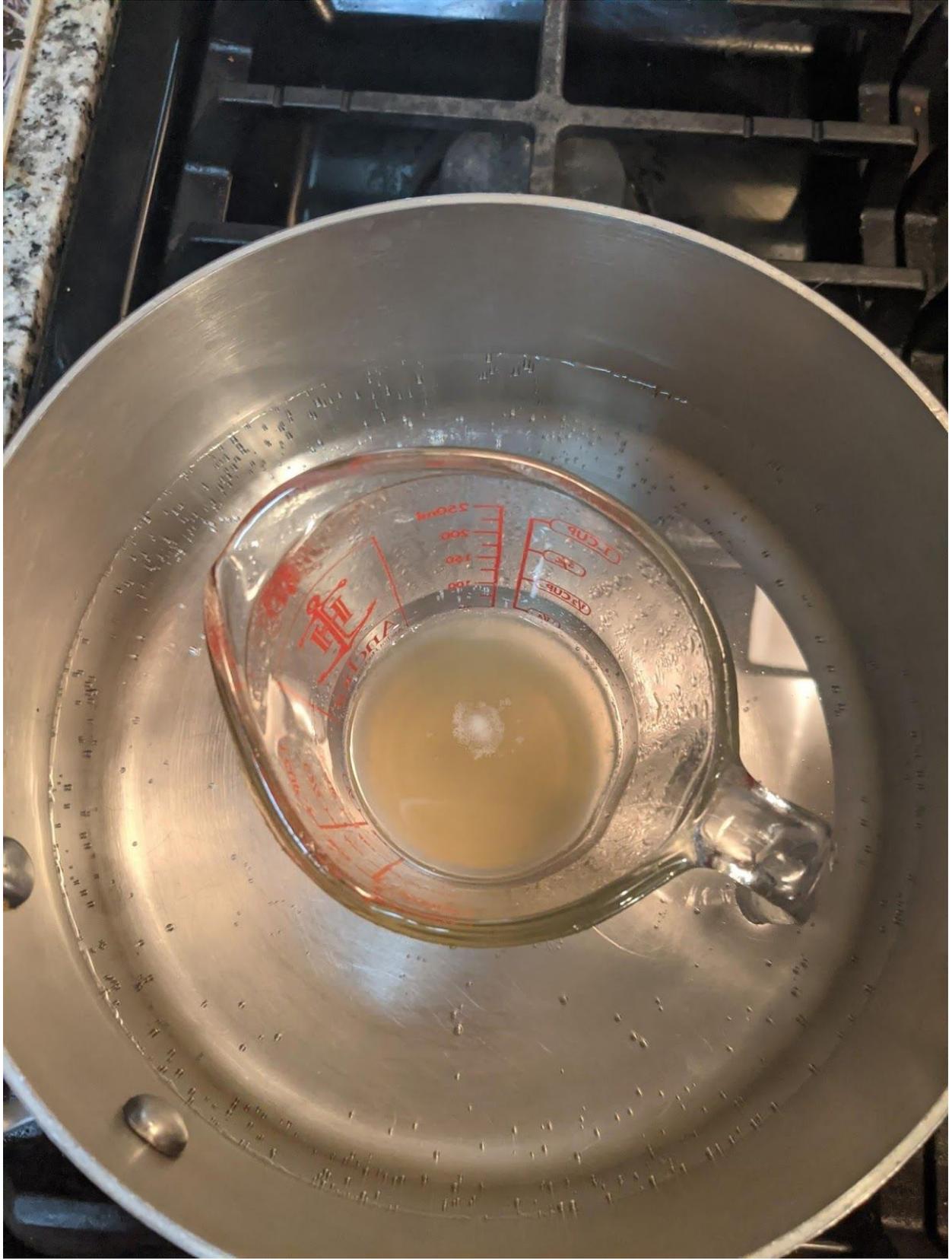


conditioner

These are the ingredients for the hair













Ingredients for the lip balm







Final Products!!

11:13



63%

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1/10



audrastuck.pgc.2020 @turninggreenorg Today I made a deep hair conditioner/ hair mask and had such fun I decided to make some chapstick too. I had all the ingredients in my house and repurposed some jars #pgc2020

57 minutes ago



