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Greenest Challenge - Day 7:

Recipe:

Raw Sugar + Coconut Oil



Homemade Sugar + Coconut Oil Body Scrub

WHAT YOU WILL NEED:

- * 1/2 cup raw sugar
- * 1/4 cup organic coconut oil

DIRECTIONS: Melt coconut oil (over warm stove or in the microwave for approximately 30 seconds). Stir in raw sugar until well combined. Use immediately as an all-over body scrub in the shower. Rinse. Extra scrub can be stored in a glass jar, but will need to be warmed up prior to use.

Documentation:

STEPS:



Questions:

1. I choose to make a body scrub with sugar and oil, I added an essential oil for the smell and a little bit of honey for it to obtain more stickiness and sweetness
2. I selected the ingredients by: 1. The oil is virgin oil that has the highest level of plant properties, it is basically organic, however the oil isn't officially certified organic. 2. I did not have organic sugar, this sugar probably has pesticides and herbicides. Buy organic sugar doesn't and it contains natural fertilizers. The honey was bought at a natural shop, it is most likely organic but not raw.
3. The final product was packed in a recycled jar of jam. This is a glass container, not plastic.

Instagram post:



Family members opinion & reflection:

1.Sister:

- ❖ Did my product work?: Yes! It left my skin feeling soft and clean, it was refreshing and smelled like mint, really nice. The sugar really exfoliated my skin.

- ❖ Were you surprised by the facts?: Yes, I am a very organic person especially when it comes to food, but I was not aware enough about the chemicals beauty and hygiene products can contain.
- ❖ Will you follow my lead?: Of course, I can not wait to make this scrub! I will start to replace my products as soon as I can.
- ❖ Are you willing to switch products?: Absolutely, I don't see why not, these products are even better! Better for us and the environment. We can even make them at home, there is no need to spend all that money at the supermarket.

2.Mom:

- ❖ Did my product work?: Yes! It left my skin feeling soft and clean, it was refreshing and smelled like mint, really nice. The sugar really exfoliated my skin.
- ❖ Were you surprised by the facts?: Yes, I do hair masks with avocado, egg, and oil at home, but I did not know how harmful cleaning and beauty products could be. I wasn't aware at all of how they could impact my health, in a negative way. Cleaning products are too clean, but I am sure there are other substances that are eco-friendly and can also achieve this!
- ❖ Will you follow my lead?: Of course, I can not wait to make this scrub! I will start to replace my products as soon as I can. I will also start to look at at-home cleaning product recipes.
- ❖ Are you willing to switch products?: Absolutely, I don't see why not, these products are even better! Better for us and the environment. We can even make them at home, there is no need to spend all that money at the supermarket. They don't take much to make and this way I can also decide the scent, texture, etc. of these products.

3 FACTS I LEARNED:

- There are at home recipes for a ton of cleaning and beauty products, these are easy and fun to make! (These aren't harmful)
- A lot of products can cause cancer, allergies, and other reactions on the body that are bad.

-Most of the cleaning products are made with really bad chemicals that aren't even illegal, as the government has not given this issue priority.

-Companies are not interested in their clients or environment's health and well-being.

-You could easily be fooled by the packaging of these products, it may look organic, but have you looked/researched the label?