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My eyes were immediately drawn to the flaxseed gel recipe, since I have wavy hair. I walked to a local store that sold some organic spices, herbs, and seeds in bulk. Luckily, they had flaxseeds, and I was able to buy the exact amount I needed for under a dollar, albeit placed in a plastic bag.

At my dorm, I quickly realized our communal kitchen did not have saucepans. I found a similar [recipe](#) that used a microwave instead.

I stored the finished product in a mason jar. The gel turned out a bit thinner than I expected, probably due to adding too much water. However, it worked! My hair felt much softer than when I used my normal gel, and it holds its shape decently well. I added lavender essential oil, which made it smell lovely. I definitely will be using this recipe in the future.

3 facts I've learned from this challenge:

- Buying in bulk is trickier than expected! I wasn't sure whether or not I could use my own container.
- Flaxseeds are pretty [sustainable](#) to grow and contain vitamin E.
- It's possible to make many personal care products at home.

I shared the gel with a friend who has been supporting me in my journey through the Project Green Challenge. She was just as excited with the DIY project as I was, and was very satisfied with the results.

My friend was unfortunately not surprised by the statistics I shared about the safety of cosmetic products, although she was interested in the fact that beauticians are exposed to far more harmful substances than what is considered "safe" for everyday use due to their work.

She is open to checking her products' ingredient lists for toxins with me, and she already is working on switching to more conscientious products. For now, though, she is working on a personal project of using up all of the products that her family members would otherwise throw away.

Instagram



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FLAXSEED HAIR GEL!

1. Mix 1/4 flaxseeds with 1 1/2 cups water in a microwavable container
 2. Heat for 4-6 minutes, stirring every 2 minutes
 3. Strain with cheesecloth or sieve
- Store in Fridge

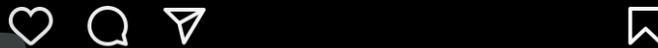


BEFORE

AFTER



Reci credit to naturallycurly.com and obolan.wordpress.com



corinne.f I can't believe I made my own hair gel! It might not look like a huge difference, but my... more minutes ago

