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Challenge responses

After checking your list of DIY body care recipes to replace a conventional one while thinking about products I use most often, I found my set (habs scrub and hand oil-moisturizer) for hand care the easy to replicate. In my garden I had leaves and jasmine flowers and in the kitchen I had oil, salt and star anise. Both the Jasmine flowers and the Sweet Smelling Herb from my garden contain an oil that is released when the leaves are crushed and the smell of the home made coconut oil is pleasant for me.

I choose a recipe that does no harm to all the good and healthy juices, oils, vitamins etc in the herbs, flowers and oil. I just rinsed the leaves and flower, cut them and added the salt to the Red Okra leaves with the Papaya leaves to produce my scrub. After that I added coconut oil and star anise to the Jasmine flowers with the Sweet Smelling Surinamese herb after I cut them to produce my oil-moisturizer. I wet my hands with water, then I used the scrub first, rinsed my hands with water and let it air dry (also ok to use a cotton cloth and damp it). Then I used my oil-moisturizer and it was a very nice treatment with a pleasant smell and most of all a healthy good conscious.

I selected ingredients after planning what I wanted to produce and then I planned to get as much organic as possible. I did source 99% organically because only the salt I did not get from my garden and the star anise I know I bought at our local market from producers who claim it to be organically.

I put my product in identical airtight glass jars. The one with the orange lid is the oil-moisturizer. They are repurposed and they are upcycled.

I used this on a nice older lady who has very expensive personal skincare products and I explained to her why I choose to make this product. I tried it on her. I learned from this body challenge that 1. DIY organical skincare products are fun to make, do a much better job than conventional products, so people who spend so much on toxic products will not miss any quality at all, and 2. in this case they are less expensive so they can be made by people on a budget, and last but not least they are a lot of fun to make and to teach others about! Bonus fact is that I keep my body healthy and help our environment stay toxic free or at least get less toxic.

The lady says that she experienced this product to work a lot better than the expensive conventional ones she was used to and she was really surprised by that fact because she did not expect that at all...she was just doing me a favor to participate in my experiment but now she is so much better off without the toxic products she says.

Yes, she asked me to help her this weekend to look at the ingredients of all her products at home.

She is most definitely open to switch to more conscious products because nature is best for her body she says.

Instagram Post with caption



brigitteelohimpinas

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used the oil moisturizer and it feels like I have new hands.
They feel and smell great! @turninggreenorg #PGC2023





