

Project Green Challenge 2023 – Day 10 Greenest Category

Los Aprendices – Fabiola López Bautista, Conradogf, (ASU Masters in Sustainability Leadership Program), Mexico City.

Beauty and skincare products are at the top on my personal care shopping list!

What recipe did you choose?

After reviewing the list of body care recipes, I chose an oatmeal mask with honey.

Recipe for one person:

Two tablespoons ground oats

Two teaspoons organic honey

How did you select ingredients?

I was a little reluctant to put any homemade ingredients on my face because I had heard of some combinations that should not be done because they damage the layers of the skin. But after reading the list of household ingredients harmful to the skin, I felt more confident. That's why I chose only oats and honey.

Could you source any organically?

Yes, at least the honey I have consumed for several years is 100% sure organic.

What did you put your product in? A repurposed container? Plastic-free? Upcycled jar?

Use kitchen utensils and try only to put the amount in the recipe so I don't have to waste leftovers. So everything was plastic-free.

I made the recipe accompanied by my sister; she liked this experience.

Learnings:

Did your DIY product work?

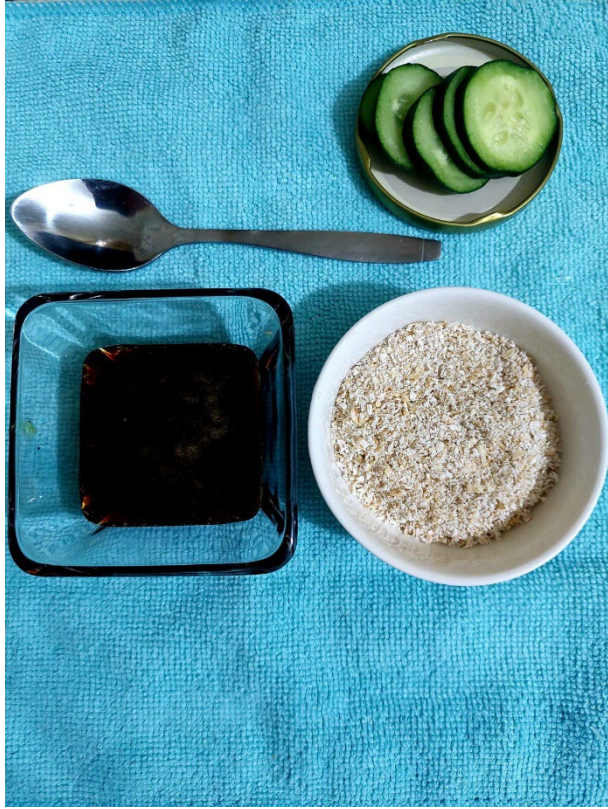
Yes, the recipe said that one of the effects was to eliminate excess oil from the skin, and it did so.

Were they surprised by any of the facts?

She didn't feel like it dried out her skin, as products that promise to remove excess oil usually do.

Will they follow your lead and take a look at the ingredients in their own current products? Are they open to switching to more conscious products?

Yes, she usually does, but the type of products made with better quality ingredients are typically expensive, so she can't always purchase them. However, replacing some of the products with homemade skincare can be an excellent option to use conscious products.



Video: <https://www.instagram.com/p/CyPsfNuLRk/>



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Audio original



gfconrad #PGC2023 Skincare casero de @nutricioncardiovascular para reducir la cantidad de tóxicos para el ambiente y nuestro cuerpo.

Ingredientes por persona:
2 cucharadas soperas de avena molida
2 cucharadas cafeteras de miel orgánica

#naturalbeauty #naturalskincare

18 min Ver traducción



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13 min Responder Ver traducción



1 Me gusta
HACE 18 MINUTOS



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