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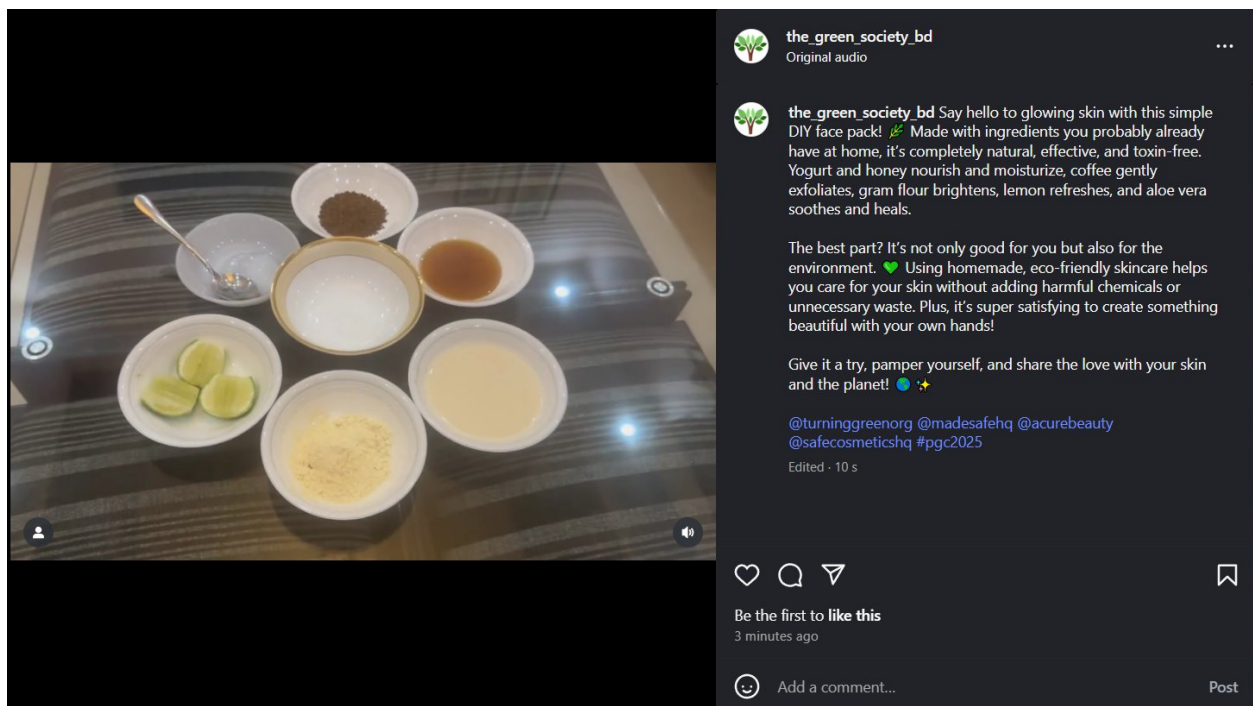
School: Madhupur Shahid Smrity Higher Secondary School

I chose a DIY recipe for a face pack that my grandmother taught me. For this, I used:

- 3 spoons of sour yogurt
- A small amount of coffee
- 2 spoons of gram flour
- A squeeze of lemon
- ½ spoon of aloe vera gel
- 1 spoon of honey

I filmed the entire process and posted the video on Instagram. Here is the link to it:

https://www.instagram.com/reel/DP1HgVXE_25/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==



Benefits Of This Homemade Face Pack:

1. **Moisturizes Skin:** Yogurt and honey deeply hydrate and nourish the skin.
2. **Brightens Complexion:** Gram flour helps lighten dark spots and evens out skin tone.
3. **Exfoliates Gently:** Coffee removes dead skin cells, leaving skin smooth and refreshed.
4. **Soothes Irritation:** Aloe vera calms redness and reduces inflammation.
5. **Natural Glow:** Regular use gives the skin a healthy, radiant glow.
6. **Refreshes Skin:** Lemon provides a fresh, clean feeling and natural vitamin C.
7. **Toxin-Free:** Made entirely with natural ingredients, free from harmful chemicals.
8. **Eco-Friendly:** Using homemade ingredients reduces reliance on packaged, commercial products.
9. **Cost-Effective:** Uses simple, everyday ingredients you probably already have at home.
10. **Gentle on Skin:** Suitable for most skin types, including sensitive skin.
11. **Promotes Healthy Skin:** Ingredients like honey and yogurt contain antioxidants that support skin health.
12. **Anti-Aging Properties:** Aloe vera and honey help maintain skin elasticity and prevent premature aging.
13. **Reduces Acne and Blemishes:** Lemon, yogurt, and aloe vera can help fight minor breakouts and clear blemishes naturally.
14. **Customizable:** You can adjust the proportions or add other natural ingredients to suit your skin type.

What I Learned in the Process:

Through this activity, I learned how easy and rewarding it can be to make natural skincare products at home. I discovered that simple ingredients from the kitchen can have amazing benefits for the skin, without the need for chemicals or expensive products. I also realized how small choices like using homemade, toxin-free items can make a positive difference for both our health and the environment. Most importantly, this project helped me appreciate the traditional knowledge passed down by my grandmother and understand the value of sustainable living.