

Day 14 – Greenest Challenge | Project Green Challenge 2025

Name: JUBAYER IBNE OMAR

PGC Username : jubayeribneomar

School: Jahangirnagar University

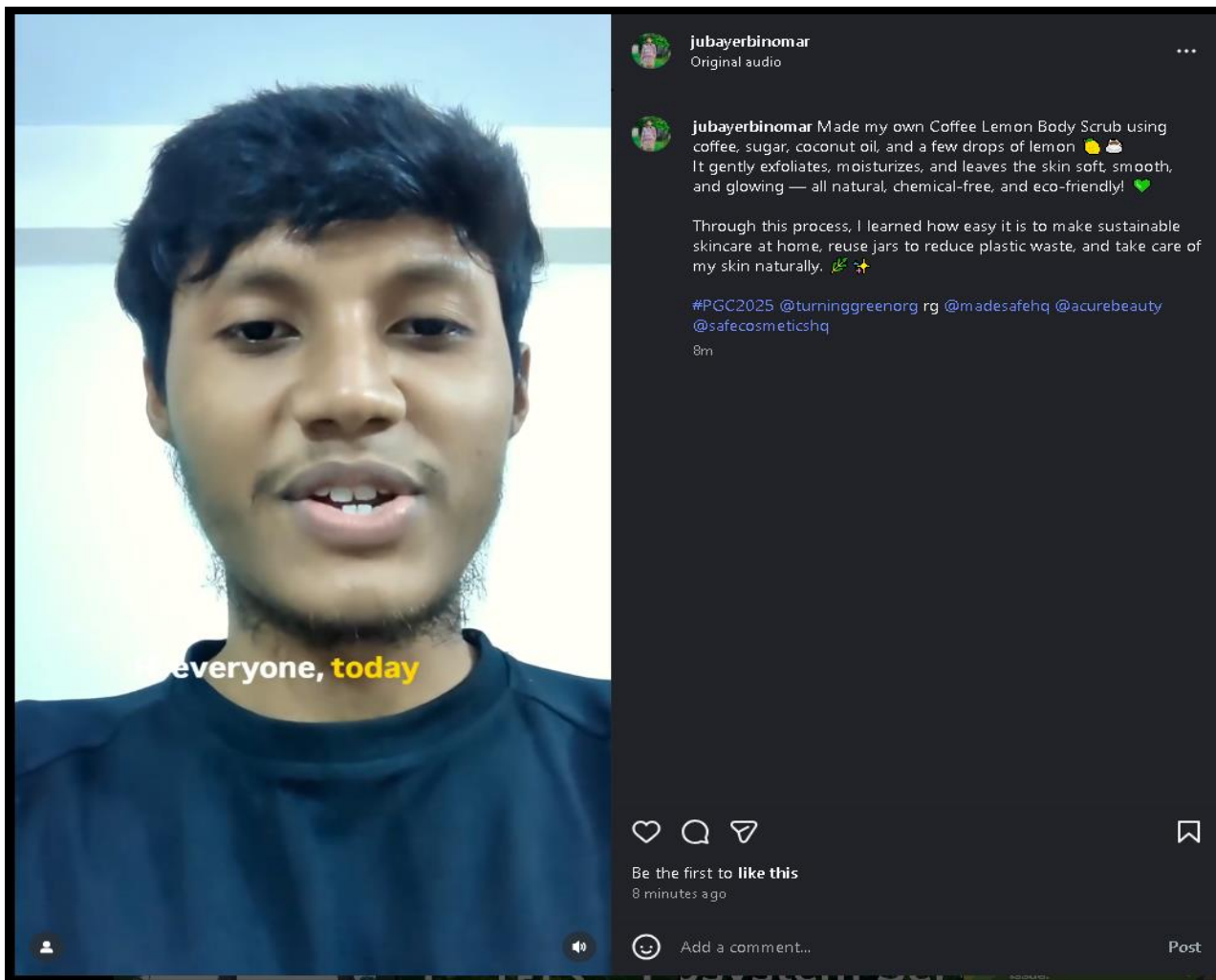
Instagram Post (video)Link : <https://www.instagram.com/p/DPzuf5tEzF0/>

DIY Body Care Product Chosen:

I chose to make a “Coffee Lemon Body Scrub” — a natural, chemical-free scrub that exfoliates, brightens, and softens the skin.

(“Watch the full video to see the step-by-step process of making this natural Coffee Lemon Body Scrub!” — “[click here](#)” or check the **Instagram** post link”)

Instagram Post screenshot :



DIY “Coffee Lemon Body Scrub” – Step by Step

Recipe Choice:

- I chose to make a “**Coffee Lemon Body Scrub**” because it’s simple, natural, and effective. A body scrub not only removes dead skin but also helps brighten and refresh the skin.
- It’s a perfect way to take care of your skin at home while avoiding harsh chemicals.
- This scrub can be used on both the **body and face** and is completely safe when made with natural ingredients.

Ingredient Selection :

I selected ingredients that are easy to find at home and 100% natural:

- **Coffee powder** – gently exfoliates and improves blood circulation, giving your skin a healthy glow.
- **Sugar** – adds extra exfoliation and smoothness.
- **Coconut oil** – deeply moisturizes and softens the skin naturally.
- **Lemon juice** – brightens and refreshes the skin with a fresh scent.
(*Tip: skip lemon if someone have sensitive skin, to avoid irritation.*)

These ingredients are not only effective but also chemical-free, budget-friendly, and safe for all skin types.



Coffee powder



Coconut oil



Lemon



Sugar

Making the Scrub – (Process) :

1. Take a clean glass bowl.

- Using glass keeps it plastic-free and safe for skin.



2. Add dry ingredients first.

- Put 1 tablespoons of **coffee powder** and 1 tablespoons of **sugar** into the bowl.
- These two will act as your natural exfoliators.



3. Add moisturizing ingredients.

- Add 1 tablespoon of **coconut oil** to help keep the skin soft and hydrated.
- If coconut oil is solid, let it soften a little before mixing.



4. Add brightening ingredient.

- Squeeze in a few drops of fresh **lemon juice** for brightness and a refreshing scent.
- *(If someone has sensitive skin, they should avoid adding lemon juice.)*



5. Mix it well.

- Combine all the ingredients until you get a thick, smooth scrub texture.
- The mixture should be slightly grainy but not too dry.

6. Now it's ready to use!

- Gently apply on skin, massage in circular motions, and rinse off.
- It will make your skin soft, smooth, and glowing. 🌿 ✨



Packaging – Eco-friendly & Reused :

1. I used a **small glass jar** for packaging my DIY “**Coffee Lemon Body Scrub**”.
– It’s **reusable, plastic-free, and eco-friendly**.
🌍
2. **Glass helps preserve the freshness** of natural ingredients better than plastic.
3. Before using, I **cleaned and dried the jar properly** to make sure it’s hygienic.
4. I used a small **glass jar**, and I can reuse it instead of throwing it away to reduce waste.— **A small step toward reducing waste**.



Small glass jar

Impact:

This project taught me that **skincare can be simple, natural, and sustainable**. By using ingredients from home and reusing packaging, we can save money, reduce waste, and take better care of our skin — all at the same time.

What I Made :

I made a **DIY Coffee Lemon Body Scrub** using coffee powder, sugar, coconut oil, and lemon juice.

It’s 100% natural, plastic-free, and made with ingredients I already had at home.

The scrub gently removes dead skin, deeply moisturizes, and leaves the skin soft, smooth, and glowing. ☀️

What I Learned :

- 🌿 I learned that **natural skin care is simple and affordable** — I don't need fancy or expensive products.
- ♻️ I realized how **reusing containers** can reduce plastic waste and protect the environment.
- 💧 I discovered that **coconut oil works as a great natural moisturizer** and helps keep the skin soft.
- 🍋 I learned to be careful with ingredients — people with sensitive skin should **avoid lemon juice**.
- 🌸 I understood that **DIY products let me control what goes on my skin**, making it safer and healthier.
- 🌍 Most importantly, I learned that **small sustainable steps can make a big difference** for both my skin and the planet. 💚

Benefits:

- **Exfoliation & Skin Care:** Gently removes dead skin cells, softens, and smooths the skin, leaving it refreshed and glowing.
- **Natural & Safe:** Coffee improves circulation, coconut oil deeply moisturizes, and lemon brightens the skin naturally.
- **Eco-Friendly:** Using homemade ingredients and a reused jar reduces plastic waste and promotes sustainability.
- **Customizable:** Safe for sensitive skin if lemon juice is skipped.

Summary:

I made a **DIY “Coffee Lemon Body Scrub”** using natural ingredients: **coffee powder, sugar, coconut oil, and lemon juice**.

This scrub is **completely chemical-free, budget-friendly, and eco-friendly**. It can be used on both the **body and face** and is packaged in a **repurposed glass jar**, making it plastic-free and sustainable.