

Earth Avengers
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Instagram post:

https://www.instagram.com/p/DP0SsCzDO_R/

Summary:

For today's challenge, we made two skincare products out of rice: a toner and face mask. We created our DIY toner with water strained from blended rice and stored it in a mist bottle container. By blending the leftover rice and honey, we made the face mask. While these DIY products benefit the environment by reducing packaging waste, harmful chemical ingredients, resource-intensive production, and the effects of the supply chain, they also confer benefits to your skin compared to commercial skincare products. Rice face masks contain almost all natural ingredients unlike chemical-heavy commercial products, making it a much safer alternative for both your skin and health, as harmful chemicals contained in skincare products, like parabens, can disrupt system functioning and even cause cancer. Studies also show that rice-based skin care products are as effective or even more than store-brought ones in offering moisturizing, anti-aging, antioxidant, and anti-inflammatory benefits. Lastly, rice is a very versatile ingredient that can be used in a variety of skincare products, from cleansers to toners to masks, providing a diverse range of skincare benefits with just a few simple ingredients.

Instagram caption:

For today's challenge, we made two skincare products out of rice: a toner and face mask. We created our DIY toner with water strained from blended rice and stored it in a mist bottle container. By blending the leftover rice and honey, we made the face mask. From this process, we learned about how harmful commercial body care products can be for both the environment and for human health and the importance of creating, advocating, and purchasing products containing natural ingredients and environmentally friendly packaging.

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