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Greenest Challenge (Day 14)

Instagram Post - <https://www.instagram.com/p/DP1JM5TD520/>

- watch the full video, it includes the steps and the process :)

Caption -

✨ DIY Natural De-Tan Face Pack for Glowing Skin ✨

Made with 100% natural, chemical-free ingredients, this face pack gently removes tan, brightens skin, and restores your natural glow ☀️

Ingredients:

🌾 2 tbsp Gram Flour (Besan) - a natural exfoliant that removes tan, dirt, and excess oil.

🌾 1 tbsp Rice Flour - rich in antioxidants and niacinamide, it lightens dark spots and smoothens texture.

🍅 2 tbsp Tomato Pulp - packed with lycopene, it repairs sun damage and fights dullness.

🌻 1 tsp Turmeric Powder - has antibacterial and anti-inflammatory properties; brightens skin naturally.

🌹 2 tbsp Rose Water - soothes, tones, and hydrates.

🍋 ½ tsp Lemon Juice - natural Vitamin C that lightens tan and evens skin tone.

🍯 1 tsp Honey - locks in moisture and keeps the skin soft and glowing.

How to Use:

Mix all ingredients into a smooth paste. Apply evenly to face and neck.

Let it sit for 15-20 minutes, then rinse with cool water.

Use 2 - 3 times a week for visible results 🌿

Why Make It Yourself?

- ✅ Zero chemicals
- ✅ Zero plastic waste
- ✅ Full control over what goes on your skin
- ✅ Pocket-friendly and planet-friendly 💚

This challenge made me realize that sustainability isn't just about what we buy, it's about what we *create*. Small swaps like DIY skincare can protect our health and the planet 🌍

#PGC2025 #DIYSkincare #NaturalBeauty @TurningGreenOrg @MadeSafeHQ @AcureBeauty @SafeCosmeticsHQ @actionforworld_pgc

The whole recipe is below + information

Introduction:

For this challenge, I created a 100% natural *De-Tan Face Pack* using ingredients easily available at home. The goal was to make a safe, eco-friendly skincare product that not only benefits the skin but also reduces chemical use and packaging waste.

Many commercial skincare products contain artificial fragrances, preservatives, and microplastics that harm both human health and the environment. Through this DIY approach, I wanted to demonstrate how effective and sustainable homemade alternatives can be.

Ingredients and Benefits:

Ingredient	Purpose & Benefits for Skin
Gram Flour (Besan)	A natural exfoliant that removes tan, dirt, and excess oil while improving skin texture. Rich in zinc, it helps reduce acne and brighten the complexion.
Rice Flour	Contains antioxidants and niacinamide which help lighten pigmentation, reduce sun damage, and smooth the skin.
Tomato Pulp	Packed with lycopene and Vitamin C; acts as a natural bleaching agent that fades tan and promotes even-toned skin.
Turmeric Powder	Renowned for its antibacterial and anti-inflammatory properties; it helps fight acne, calm redness, and enhance glow.
Rose Water	Hydrates and soothes the skin, balances pH, and provides a refreshing natural scent without artificial fragrance.
Lemon Juice	Acts as a mild natural bleach with Vitamin C that helps reduce tan and pigmentation.
Honey	A natural humectant that locks in moisture, improves elasticity, and gives a soft, supple finish to the skin.

Method of Preparation:

1. In a clean bowl, combine **2 tbsp gram flour** and **1 tbsp rice flour** as the base.
2. Add **2 tbsp tomato pulp** and **1 tsp turmeric powder**.

3. Mix in **2 tbsp rose water**, **½ tsp lemon juice**, and **1 tsp honey**.
4. Stir until you get a smooth paste.
5. Apply evenly on the face and neck.
6. Leave for 15–20 minutes, then rinse with cool water.

Benefits:

- 100% **chemical-free** and **eco-friendly** formulation.
- **Plastic-free and zero-waste**, all ingredients stored in reusable glass containers.
- Saves money compared to store-bought skincare.
- Reduces exposure to artificial chemicals and microplastics.
- Promotes awareness about natural skincare alternatives.

Reflection:

This challenge made me realize how simple sustainability can be. Creating this de-tan pack gave me complete control over what goes on my skin — no toxins, no hidden chemicals, just pure natural care. It also reinforced how small daily actions, like making your own skincare, can reduce waste and dependence on synthetic products.

Through this, I learned that sustainability isn't just about large-scale change — it begins with mindful personal choices. Every product we make ourselves is one less plastic bottle in the landfill and one step toward a healthier planet 🌍

Learning Outcome:

- Learned the science behind natural ingredients and their dermatological benefits.
- Understood how DIY skincare supports both personal health and environmental sustainability.
- Realized the importance of conscious consumption and minimalism in daily life.