



# Simple, natural, non-polluting DIY facial scrubs!

Age Group: Senior Primary and Secondary – to do supervised by a responsible adult



## **GREEN-SCHOOLS** **STAY HOME**

Learn how to make your own natural face scrubs, have a look at the different recipes for:

- 1- Oatmeal, Yogurt and Coconut Oil Scrub
- 2- Honey, Oats and Coconut Oil Scrub
- 3- Lemon, Olive Oil and Brown Sugar
- 4- Ground Coffee, Brown Sugar and Coconut Oi

Do you want to make a step forward in protecting our marine environment from microbeads *while* taking care of your skin? If your answer is yes, you will be pleased: Below are few very easy recipes to create your own home-made, completely natural, pollutant free face scrub!

Very briefly, "microbeads" are tiny plastic beads which are very frequently used in cosmetics and personal care products as they act as emulsifying agents. As these particles are so small, it's impossible for them to be filtered, therefore if they go down the drain, they automatically end up in our rivers, lakes and oceans, putting at risk the marine environment and ending up becoming part of the food chain. If you want to know more about it, have a look at:



Investigating  
Microplastics.pdf

As mentioned above, there are plenty of easy, affordable and sustainable ways to create your own face-scrub, without compromising the marine environment; the ingredients that you can use are pretty vast, it's up to your own personal taste which one to choose!

From coffee grounds and coconut oil, to oatmeal mixed with honey or with yogurt, to brown (or white) sugar mixed with lemon.

Which one will you go for?



## 1. Oatmeal, yogurt and coconut oil scrub



Oats are not just good for breakfast — they are also great for skin care, as they act as antioxidant and have anti-inflammatory properties that help smooth the skin!

Yogurt, which has natural lactic acid, can help enhance exfoliation, while coconut oil can add moisture to the mix.

### What ingredients do you need?

- 2 tbsp. oatmeal (organic if possible)
- 1 tbsp. organic plain yogurt (Greek yogurt works even better)
- 1 tbsp. coconut oil

### What to do:

1. Make sure the oatmeal is grinded into a fine powder; to grind it you can use a blender or a coffee grinder
2. Once the oat is made into powder, mix it with the yogurt and the coconut oil and make sure all the ingredients blend.
3. Apply to cleansed skin while massaging for about 30/60 seconds, avoid the eyes
4. Keep it for about 2 minutes
5. Rinse the scrub from your skin with water and let your skin breathe (do not put make up straight away)
6. Spoon any remaining mixture into an airtight container and store in the refrigerator

## 2. Honey, coconut oil and oats scrub



A very similar scrub can be done by substituting honey instead of the yogurt. Honey is not only delicious; it is also great for facial scrubs as it acts as anti-bacterial and it works well against acne. Moreover, it is both a natural exfoliant and moisturizer.

### What ingredients do you need?

- 1 tbsp of plain oats, uncooked and finely ground
- 1 tbsp of honey
- 1 tbsp coconut oil

### What to do:

1. Make sure the oatmeal is grinded into a fine powder; to grind it you can use a blender or a coffee grinder
2. Add the honey and the coconut oil
3. Mix all ingredients in a bowl

4. Apply to cleansed skin while massaging and keep for about 60 seconds, avoid the eyes
5. Keep it for about 2 minutes
7. Rinse the scrub from your skin with water and let your skin breathe (do not put make up straight away)
6. Spoon the remainder of the scrub in an airtight container and store in the refrigerator.

### 3. Lemon, olive oil and brown sugar scrub



Lemon has several properties which are very beneficial for skin care. Not only is a natural source of vitamin C; it is also a natural astringent that helps tightens pores and brighten the skin. It is a very commonly used ingredient to lighten sun and age spots.

The sugar is a natural exfoliator; a natural source of glycolic acid which evens out skin tone, cleans pores, and improves overall skin texture by removing dead skin cells. You can use both white or brown sugar, the difference is that brown sugar has smaller particles and it is softer on the skin than regular sugar (but works just as well)

Olive oil is high in vitamin E and is a natural moisturizing ingredient often used for its anti-aging benefits.

#### What ingredients do you need?

- 1/2 fresh lemon
- 1/2 cup of granulated sugar (brown or white)
- 1 tbsp of olive oil
- Optionally – 1 tbsp of honey

#### What to do:

1. Add lemon juice and olive oil into a bowl until they blend
2. Add the sugar in the mix
3. If you want you can add a tbsp of honey as well to make it a bit smoother (see honey properties in the recipes above) but this optional; in case you do, mix everything together
4. Apply gently on cleanser skin in circular motions to your face for 30 to 60 seconds, avoid the eyes
5. Allow the scrub to sit on your skin for 3 / 4 minutes for moisturizing benefits

6. Rinse the scrub from your skin with water and let your skin breathe (do not put make up straight away)
7. Spoon any remaining mixture into a container and store in the refrigerator

#### 4. Ground coffee, brown sugar and coconut oil scrub



The sand-like texture of coffee grounds makes a great exfoliant in homemade scrubs. The grounds work to gently remove dead skin cells, which helps to rejuvenate and boost circulation.

The soft grains of brown sugar provide a gentle way to slough off dead skin cells, while the coconut oil adds nourishing moisture and extra antioxidants.

#### What ingredients do you need?

- 1/2 cup fresh ground coffee
- 1/2 cup brown sugar
- 1/2 cup melted coconut oil

#### What to do:

1. Mix 1/2 cup fresh ground coffee and 1/2 cup brown sugar
2. Add 1/2 cup coconut oil into the coffee mixture
3. Stir and mix until well combined
4. Apply to cleansed skin while massaging for about 30/60 seconds, avoid the eyes
5. Allow the scrub to sit on your skin for 3 / 4 minutes for moisturizing benefits
6. Rinse the scrub from your skin with water and let your skin breathe (do not put make up straight away)
7. Spoon any remaining mixture into a container and store in the refrigerator