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## PGC Day 10 Body: Greenest

**Here is the link to the video I made of my DIY party and my family's reactions:**

<https://youtu.be/HGQo5uYimdU>

**Foaming shave soap recipe:** <https://wellnessmama.com/2628/shaving-soap-recipes/>

### Foaming Shave Soap Ingredients

- 1/4 cup Natural Aloe Vera Gel (not juice!)
- 1/4 cup Liquid castile Soap
- 1 TBSP Olive or Almond Oil
- 1/4 cup warm Distilled Water (or lavender infused)
- Vitamin E or Grapefruit Seed Extract (to preserve)
- Essential Oils for Fragrance (optional) – I use lavender
- 8 ounce or larger Foaming Soap Bottle

### Foaming Shave Soap Instructions

1. Mix ingredients in foamer bottle and shake gently until mixed.
2. Shake well before each use.

### Three facts I shared with my family:

- Your skin absorbs 60% of what you put on it.
- Less than 20% of all chemicals in cosmetics have been tested for health and environmental impacts by the FDA.
- Cosmetic companies aren't required to put all the ingredients on their products' labels.

### A change I shared with my family (I think they will also commit to this too!)

- I am going to start scanning all of my products with the Think Dirty app and buying healthy alternatives!
- I am also going to start making my own products from scratch (my family will undoubtedly share in this commitment :)

**The photo I posted on instagram:**

Top left: my mom with the foaming shave soap we made. Bottom left: my dad throwing away his toxic shaving cream. Right: my mom and dad posing for the photo!



**My social media post & caption:**

