



THE PLANETEERS

DAY 10 GREENEST

Body

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DIY Party

What did
we find
out?

We found that store-bought acne treatment (Neutrogena On-The-Spot Acne Treatment Cream) contained many ingredients that we either did not know or could not pronounce. One was chlorphenesin. It is an antibacterial compound but it does not break down in the environment. Chlorphenesin is known to cause aquatic toxicity, as well. We found that it is actually listed as one of the top 5 worst pollutants in beauty products! In addition, it causes allergic reactions, dermatitis, and is harmful to infants.

Reactions

How did
my
friends
react?

They were horrified to find out that something they put on her face had such a detrimental effect on the environment and our bodies. This product was something they used every day because of their acne. The fact that it contained so many harmful chemicals shocked her. After we researched what was in her acne cream, they wanted to change the acne cream they used immediately. When I offered to create a DIY acne cream, they eagerly said yes and told me that they would use it when they got home.

Facts

3 Facts We Shared that We Learned Today

1. There are many chemicals that the FDA approves that are actually harmful in our cosmetics. They can actually cause cancer and detriment learning.
2. Only 11 out of the 1,400 chemicals that are banned in the EU are banned in the US.
3. Our skin is the largest organ and absorbs 60% of what we put on it. Therefore, those 1388+ chemicals that are not banned in the US can easily be absorbed into our bodies and cause much harm!



Change

What We are Changing

We are determined to change what we put on our bodies. First, we would change what products we buy, by checking labels and avoiding the products that have many toxic ingredients. For example, we would instead buy Acure products, which do not contain harmful ingredients and is more eco-friendly than other brands. Secondly, we can also create our own DIY products. This way, we can customize them to our liking and know exactly what we put into our bodies and into the environment.

Recipe

Thyme Aunce Tincture

INGREDIENTS

- 1 tsp Thyme
- Sesame oil

STEPS

In a small, sterilized jar, place the dried thyme and cover it with oil. Let this steep for 2 weeks in a cool, dark place, shaking daily. Strain the thyme from the oil.

TO USE

Apply to your skin once a day. Just pour a small amount on a cotton round or reusable facial pad and swipe over a clean face.

Pictures

Thyme Ance Tincture



Social Media

#Instagram



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theplaneteers_ Do you know what this is? It's actually a DIY acne tincture. You can make it too! There's only 2 ingredients: thyme and sesame oil. Just put 1 tsp thyme in a small, sterilized jar and cover it with oil. Then steep it for 2 weeks in a cool, dark place, shaking daily. Before you use it, strain the thyme from the oil.

This is so much healthier, eco-friendly, and safer for you than conventional acne treatments!

Tag us if you make it too!

#pgc2018 #body #acnetreatment



1 MINUTE AGO

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