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the European Union

Eco cosmetics - do it yourself

KA121 - Accredited projects for mobility of learners and staff

2024-1-SK01-KA121-ADU-000204079

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Why does the body need skin cleansing?

Our skin is our largest excretory organ and sweat, toxins, slags and other metabolic end products pass through the pores on the surface of the skin.

Once a week, the skin needs a deeper cleansing to make it easier for it to breathe, for the skin to feel better, to improve its protective functions and elasticity

Use a body scrub to clean the skin!

You can make it yourself!



Practical lesson (option 1): mint, salt and olive oil scrub

Ingredients:

- 2 tablespoons of coarse salt
- 1 tablespoon finely crushed dried mint leaves
- half a tablespoon of olive oil

Preparation process:
everything is mixed into a homogeneous mass and it is ready to use



Practical lesson (option 2): coffee scrub

Ingredients:

- 1 tablespoon of coffee
- 2 tablespoons of salt
- ½ tablespoon of oil
(can add honey)



How to properly apply a body scrub

Direction matters!

When scrubbing the skin and then applying the cream, you will get a better effect if you follow the right direction - all movements should be towards the heart

The direction of lymph return is also observed in this way



Do this slowly to not only move the top layer of the skin, but also to promote a deeper effect

Tips for the correct use of the scrub

Legs: process them first - start from the tips of the toes - up, in the back part - first to the knee joint, then up

Arms: from the fingertips, through the palm, up the arm to the elbow joint and on to the shoulder and armpit

Neck and décolleté area: these areas of the body cannot be scrubbed, but when applying the cream, spread it from top to bottom, starting from the earlobe and forehead, to the middle of the front of the neck, to and over the shoulders

Chest and abdomen: massage with circular movements clockwise from the waist up, below the waist down

Back: work it following the direction of the armpits, then in a circular motion further to the roundness of the buttocks (if you are with someone, you can ask for help)

Let the scrub work and after 10-15 minutes rinse with warm water, dry, apply your favorite cream and enjoy the good feeling!



Thank you for your attention!

Treat yourself to a cup of tea!

You've earned it!

