



CHALLENGES

Endocrine disruptors in cosmetics

In a group - outdoors

Reunited to make together DIY laundry detergent : For 2 liters.

- 1750 ml water
- 50g grated or shredded Marseille soap
- 2 tablespoons baking soda (optional)
- 2g EO of your choice for the smell

Heat the water and melt the soap in it. When it has melted, add the other ingredients.

The lye may solidify or lose its phase, so shake well before use.

-> take a picture of the session



In a group - inside

Organize a DIY session to make together a lip balm

For a 10 ml balm:

- 6 g shea butter
- 2 g sesame oil
- 2 g beeswax (optional)
- a drop of honey
- 5 drops EO (mandarin, ylang ylang...)

-> take a picture of the session and share it!

Alone in a day

- Install the app INCI beauty and check your cosmetics
- > screenshot the opening app



Alone in the long term

- Find a vegetable-based soap, without perfume or antibacterial agents
- > take a picture of it and share it!



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