



Project Exploration creates transformative learning opportunities for youth underrepresented in the sciences –particularly students of color and girls – by equipping them with the skills, practices, and mindset needed for a lifelong pursuit of learning. STEM@Home makes activities around science, technology, engineering, and math accessible and fun to do at home. This STEMbook activity, resources, and more are available at www.projectexploration.org/stemathome.

In this activity, you will:

learn how to make a homemade body scrub.



Supplies Required:

White sugar (½ a cup)
Coconut oil or Olive oil (¼ cup)
Essentials oils
Food coloring

Mixing bowl
Spoon or a Popsicle stick
Measuring Cup
Jar with lid or other airtight container

Video

Learn about the science of your skin: <https://rb.gy/pdgzqd>

Overview

Did you know that a single square inch of your skin has about 19 million cells and up to 300 sweat glands? And did you know that your skin accounts for about 15% of your body weight? Those are just 2 of a large list of mindblowing facts about the human skin.

But perhaps the most important role of the skin is protecting us from the dirt and bacteria that exists all around us. That is why your skin constantly sheds dead cells, about 30,000 to 40,000 cells every minute! **That's nearly 9 lbs. per year!**

In this activity, you are going to learn how to make your own homemade body scrub, so that you can take good care of your skin and body, without spending a fortune on beauty products!



Instructions

1. Add the sugar and coconut oil to the plastic mixing bowl.
2. Mix well, until the sugar and oil are blended together in a paste.
3. Add food coloring and essential oils.
4. Mix well until all food coloring is evenly dispersed throughout
5. Use the spoon to scoop the scrub into the jar, and close it up tightly.
6. To use, rub the scrub into your skin using a circular motion.
7. For further customization, try adding lemon juice and zest, dried herbs, coffee, and essential oils to your scrub. Ground coffee beans are said to have firming and toning capabilities.

Additional Resources

How To Take Care Of Each Skin Type: <https://rb.gy/ioxvya>

5 Basic Skincare Rules: <https://rb.gy/zk9zdc>

Share It Out

Share on social media: Make a short video tutorial for your friends and family showing them the steps to follow to make their homemade Body Scrub just like you just did.

#SkinCare
#SelfCare
#ProjectExploration
#STEMatHome

For more activities like this one, go to www.projectexploration.org/stemhome. If you're interested in learning more about Project Exploration and our free events, programs, and activities, please find us on social media and be sure to follow!



Call or text us for help: 312-772-6634

www.projectexploration.org