



VEGAN SKIN PRODUCTS

BY MIMI FAULKNER

INTRODUCTION

- I decided to do all natural vegan skin care products as I believe it is better for the skin, vegan skin products are a lot better for the skin as my research has shown as animal products such as dairy can be very harsh and stripping all the natural oils from the skin it also clogs pores. Organic vegan products are plant bases and come from the earth's resources so it is more soothing and better for people with sensitive skin. I grew a passion for skin products from a young age of about 5 I would make potions and lotions in the bath, and of the age of 10- 12 I started making my own lip balms and hoped to start my own business.



WHAT IS GOOD FOR THE SKIN

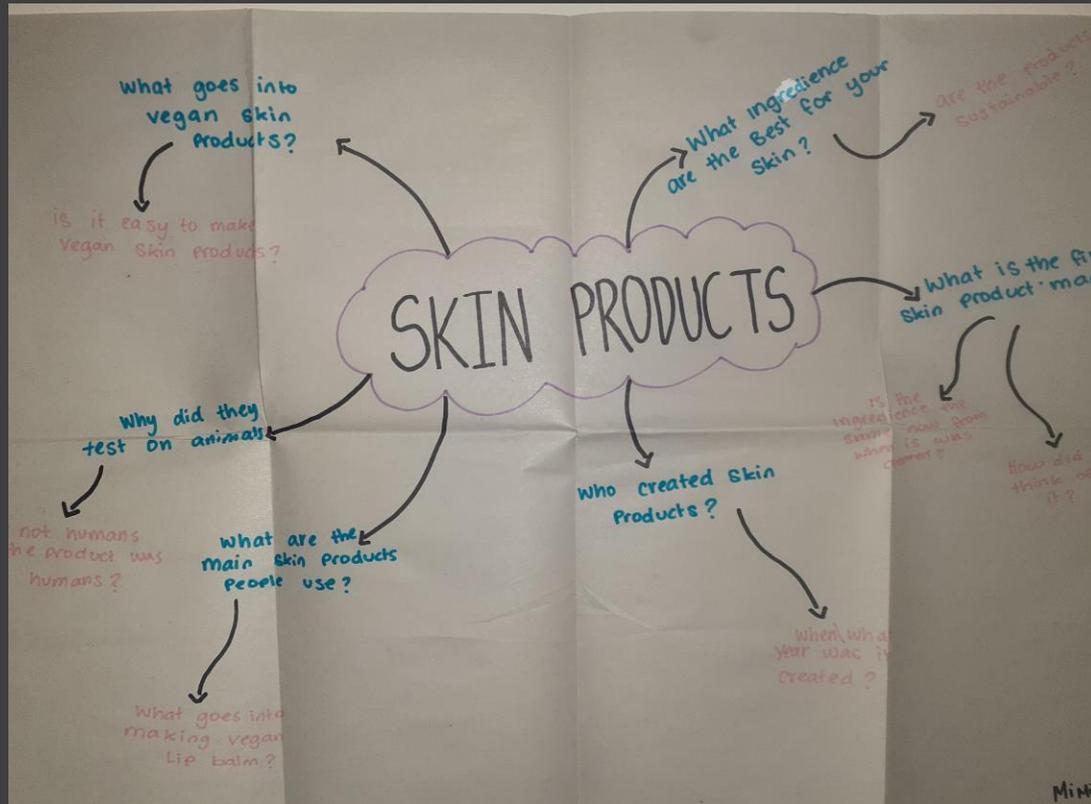
- Avocados - are high in beneficial fats and contain vitamins E and C, which are important for healthy skin. They also pack compounds that may protect your skin from sun damage.
- Walnuts - have omega-3 fats that strengthen the membranes of your skin cells, locking in moisture and nutrients that keep it plump and glowing and keeping out toxins that can damage skin cells
- Sweet potato's - have a lot of vitamin A in it which helps to repair cells, so if you have acne or even some blemishes it helps a lot. It also can help to manage stress levels and help with diabetes
- Soy - soy is also a gentle, well-tolerated, and calming ingredient, which is why it is often found in peels, masks, exfoliators, and moisturizers.
- Green tea - drink and applying green tea to the skin helps to fight skin caners by repairing DNA cells Green tea contains a powerful antioxidant called EGCG that fights DNA damage from UV rays to prevent skin cancer. That means it's also a potent anti-aging ingredient that combats signs of aging when ingested or applied topically.



WHAT IS BAD FOR THE SKIN

- Soda/ fizzy drinks – fizzy drink usually contain caffeine which is very dehydrating for the skin causing it to emphasize fine lines and wrinkles
- Fried food- Eating too many high-fat foods can have a negative effect internally on circulation. This can promote that skin puffiness that no one appreciates when looking in the mirror. It can also produce excess oils which can cause acne
- Dairy – dairy contains excess amounts or hormones that
- Alcohol- First, the body metabolizes the alcohol from an enzyme in the liver, which releases a by-product called acetaldehyde. This by-product is toxic to body tissues. In turn, body tissues and skin are dehydrated
- Processed meats - excess trans fats which ruin your skin more than you think. They can lead to digestion issues, effects of which will automatically show on your skin.

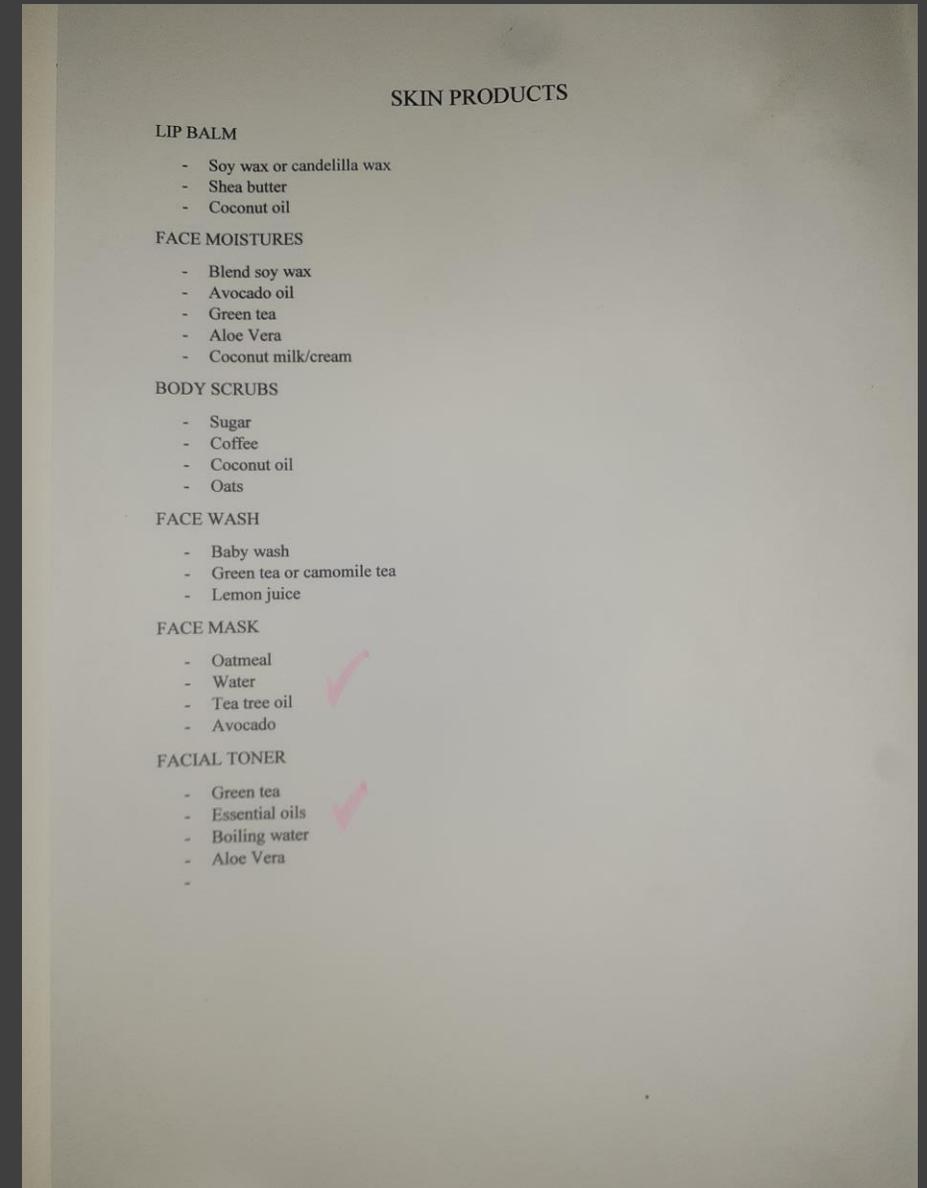




MY MIND MAPS

WHAT I MADE

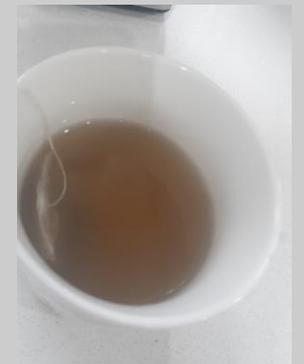
- I started off with a plan on a sheet of paper and wanted to make everything on the list, I ended sticking to only 3 the face mask and facial toner and body scrub I did this so I would make the recipe perfect so it would be great for the skin.



THE FACIAL TONER

INGREDIENTS

- Green tea = 1 tea bag
- Essential oils = 5 drops
- Boiling water = 1 cup
- Aloe Vera = 1 teaspoon
- Apple cider vinegar = ½ teaspoon



BODY SCRUB

INGREDIENTS

- Sugar = 1/3 cup
- Coffee = 1 tablespoon
- Olive oil = 1/4 cup



FACE MASK

INGREDIENTS

- Oats
- Warm/hot Water
- Hemp oil
- Aloe Vera



MY PRODUCTS

These products have all been tested on me and my family which we all have a variety of different skin types like sensitive, dry, oily and combination skin and all of these products and are really hydrating and leave a smooth soft touch after use especially the body scrub which is also not to be used on the face and it will damage the soft tissues on the face and it is rough to get the dead skin off the body.

REFLECTION 1

Firstly when I found out we were doing ignite I was excited but nervous as we could pick any topic which was quite confronting to me as I had no idea what to do. The reason I picked vegan skin care products is because I have been passionate about the topic from a young age and would create lip balms I also decided to do it vegan as I am vegan and am passionate about it so I thought I would merge the two to think of my topic.

REFLECTION 2

Biggest challenge throughout the ignite project was definitely to stay on track as we only had 1 lesson a week it was hard for me to remind my self continue doing the work and making new products. The amount of time was good to do this project but I think if they keep this subject the school should put more lessons a week so people can do better at there topic. I found that it was better doing ignite at home as I could create stuff in the lessons where as if I was at school I would be wasting my time cause I already new what I was doing and had gotten all the research for it.

REFLECTION 3

Throughout the ignite subject I have learnt a lot about myself and I think that everyone that has picked their own topic has too, I have noticed that I can get very distracted but I can also get really locked on to doing something I love. I would definitely recommend ignite to other people but it does take a while to find the topic you are interested in, I also think they should add more classes during the week because people will forget about it, and don't get enough work done, the advice I would give to others is to stay on top of what you are doing the whole time and don't leave it to the last couple of weeks as it could be stressful and you won't produce something to your maximum level.