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Lesson Plan: Natural Cosmetics Workshop

Objective:

Students and teachers will learn how to create natural cosmetics, including soaps, body oils, and bath balls. They will gain knowledge about natural ingredients, their benefits, and the processes involved in making these products.

Duration: 3 hours

Schedule:

1. Introduction (15 minutes)

- Welcome and Introduction
- Overview of the Workshop
- Safety Instructions

2. **Stand 1: Natural Soaps (1 hour)**

Objective: Learn to make natural soaps using the melt-and-pour method.



Materials Needed:

- Melt-and-pour soap base (glycerin, shea butter, etc.)
- Natural colorants (e.g., mica powders, turmeric, spirulina)
- Essential oils (lavender, peppermint, etc.)
- Soap molds
- Mixing bowls
- Microwave or double boiler
- Stirring utensils
- Safety gloves and goggles

Steps:

1. Introduction to Soap Making: Brief explanation of the melt-and-pour soap making process and the benefits of natural ingredients.

2. Demonstration:

- Cut the soap base into small cubes.
- Melt the soap base using a microwave or double boiler.
- Add natural colorants and essential oils to the melted base.
- Pour the mixture into soap molds.
- Allow the soap to set and harden (this can be expedited with a refrigerator).

3. Hands-on Activity:

- Participants will create their own soaps using the demonstrated method.

Learning Outcomes:

- Understanding the basic soap making process.
- Knowledge of natural ingredients and their properties.
- Practical experience in making and customizing natural soaps.

3. Stand 2: Natural Body Oil (45 minutes)

Objective: Learn to create nourishing natural body oils.



Materials Needed:

- Base oils (e.g., jojoba oil, almond oil, coconut oil)
- Essential oils (e.g., lavender, rosemary, tea tree)
- Measuring cups/spoons
- Glass bottles with droppers or pumps
- Labels and markers

Steps:

1. Introduction to Body Oils: Explanation of the benefits of using natural body oils and the properties of various base and essential oils.

2. Demonstration:

- Measure and mix base oils.
- Add essential oils to the base oil mixture.
- Pour the mixture into glass bottles.
- Label the bottles with the ingredients and usage instructions.

3. Hands-on Activity:

- Participants will create their own body oils using the provided ingredients.

Learning Outcomes:

- Understanding the benefits of different oils for skin care.
- Knowledge of blending essential oils for fragrance and therapeutic benefits.
- Practical experience in making personalized body oils.

4. Stand 3: Natural Bath Balls (1 hour)

Objective: Learn to make natural bath balls (bath bombs) using simple ingredients.



Materials Needed:

- Baking soda
- Citric acid
- Cornstarch
- Epsom salt
- Water
- Essential oils
- Natural colorants
- Mixing bowls
- Molds - optionally (silicone or metal)
- Measuring cups/spoons
- Spray bottle

Steps:

1. Introduction to Bath Balls: Explanation of the ingredients and their benefits for the skin.
2. Demonstration:
 - Mix the dry ingredients: baking soda, citric acid, cornstarch, and Epsom salt.
 - Slowly add water and essential oils while stirring continuously.
 - Add natural colorants and mix until evenly distributed.
 - Pack the mixture into molds firmly.
 - Allow the bath balls to dry and harden.
3. Hands-on Activity:
 - Participants will create their own bath balls using the demonstrated method.

Learning Outcomes:

- Understanding the chemical reaction that creates fizzing in bath balls.
- Knowledge of the skin benefits of various ingredients.
- Practical experience in making and customizing bath balls.

Conclusion and Q&A (15 minutes)

- Recap of the day's activities.
- Open floor for questions and feedback.
- Distribution of informational handouts with recipes and tips for making natural cosmetics at home.

Materials List:**General:**

- Safety gloves and goggles
- Mixing bowls and utensils
- Measuring cups and spoons
- Labels and markers

Stand-Specific:

- Natural Soaps: Soap base, colorants, essential oils, molds, microwave or double boiler.
- Natural Body Oil: Base oils, essential oils, glass bottles.
- Natural Bath Balls: Baking soda, citric acid, cornstarch, Epsom salt, water, colorants, molds, spray bottle.

Assessment:

- Participants will showcase their created products.
- A brief quiz on the benefits of natural ingredients and the processes used.
- Feedback form to evaluate the workshop and suggest improvements.

This lesson plan ensures that participants will leave with a solid understanding of natural cosmetics and hands-on experience in creating their own products.

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