

# Save the MED projects

## **Introduction:**

Our primary goal when trying to save the Mediterranean Sea is reducing the overall plastic waste of non durable-everyday-plastic-products. Such as, plastic bags, plastic bottles, water bottles, drinking straws, e.t.c... These are generally the first plastic items that people think of when talking about non-renewable plastics. But then we came up with the idea that it would instead be more beneficial to create sustainable recipes for a variety of everyday products like soap, body scrubs and all purpose cleaners. These are products that both contain multiple chemicals that are harmful to the animals of the Mediterranean and are also almost always packaged in plastic containers. Creating these sustainable recipes and encouraging people to not only use the recipes but pairing it with something like a glass container will have huge long-term benefits for the Mediterranean Sea.

## **Homemade Natural Body Scrub:**

What is a Body Scrub you may ask? A Body Scrub is a physical exfoliant that can be either salt or sugar-based, that will remove dead skin cells from your skin. The polishing ingredients are worked into the skin and work as a natural exfoliant, clearing the skin so it feels more soft and nourished.

### **This natural homemade body scrub is made up of 3 ingredients:**

- Coconut Oil.
- Brown sugar.
- Your own choice of essential oils (essential oils are optional).

Instructions to make the body scrub are the following: Add 10 to 15 drops of your favourite or chosen essential oils and make sure to mix it well (if used essential oils), after this you transfer the well mixed mixture to an airtight container, which could be a jar or any container with a lid.

To use it properly apply the Body Scrub to your body in the shower or bath using circular motions. After having done this, remove the Scrub with warm water. This Natural Body Scrub is great for exfoliating and moisturising your skin, leaving it feeling soft and smooth. Coconut oil helps nourish the skin while moisturising it, and brown sugar uses its properties to remove dead skin cells. Using a homemade Body Scrub like this one can help reduce exposure to some of the synthetic chemicals that store-bought Body Scrubs have, and is a great way to care for your skin in a more natural and eco-friendly way.

## **Homemade natural and free of chemicals fabric softener:**

We all love fabric softeners, it makes us look and smell good, for many people it's crucial to use it. But the problem is that commercial softeners can be harmful for both people who use them and marine life that ends up swimming in them. As the law stands, producers are not required to list the chemicals used for their products and consumers don't really know what they are buying. For that reason we teach you how to make a homemade natural, free of chemicals, fabric softener.

### **The ingredients that are required to produce this fabric softener are:**

- 2 cups of coarse sea salt
- 30-40 drops of essential oil (any)

Instructions to make the softener are easy. First, pour the sea salt into a large bowl, Second add the essential oil and mix well. Then, Transfer the mixture to an airtight container, such as a jar or a bag. Lastly, use 1-2 tablespoons of the mixture in the rinse cycle of your washing machine as a natural fabric softener. The sea salt helps to soften the fabric, while the essential oil provides a natural fragrance. This fabric softener is eco-friendly and cost-effective, as well as being better for your skin and the environment than commercial fabric softeners, which can contain harsh chemicals.

### **Homemade eco-friendly all-purpose cleaner.**

There are many spray products in the market aimed at cleaning, but each one of them is made with harmful chemicals. Although doing the job and being effective, these chemicals can affect your health in bad ways, for example, some of these chemicals are naturally corrosive meaning if they splash in your skin or eyes they can burn and cause severe damage, other products contain bleach or ammonia and can cause damage in the respiratory system. Moreover if a human or animal swallows these cleaning products it can result in death (Cleveland Clinic medical professional, 2018). What we intend to do with this product is to eliminate all these chemical elements that aren't sane and replace them with natural resources. These natural products can do the same function of eliminating all bacteria, dust and all the possible bad organisms that are found in a dirty place as their natural properties allow them to exterminate these microorganisms.

#### **The ingredients that are required to produce this cleaner are:**

- 2 cups of distilled water.
- One salt spoon (5g).
- Squeeze half a lemon into the container.
- 1 cup of vinegar. (white vinegar preferably as it contains acetic acid )
- 20-30 drops of essential oil (optional).

#### **The steps to create this product are as follows:**

- Get a container where you know the whole substance will fit in
- Mix the distilled water with the vinegar
- Squeeze the lemon
- Tear the salt spoon and the oils, and mix

This product is not difficult to make and can help a lot on a cleaning day, each ingredient has properties that improve the process of cleaning. Lemon and vinegar act as disinfectants eradicating bacteria and viruses (Suzuki, n.d.), salt is an effective scouring agent as well as acting as a catalyst on vinegar (Food Matters International Pty Ltd, 2020). And the distilled water is pure and is the main substance, used as a solution to support the mix of the products. And finally, essential oils are used if you want to add smell to the products as originally they are used as air fresheners.

A lot of these cleaners end up in the sea, the factory-made cleaners will pollute the water in which we swim and live. However, if by any chance this product ends up at the sea, it will cause no harm, as it's made up of natural biodegradable resources.

### **Conclusion:**

Our intention with this project is to provide a service to the environment by creating everyday products that us people usually use only once or use until they run out and then go ahead and buy a new one and throw the old one away. We tend to do this instead of reusing the containers that we already have to try and reproduce the original product or create

something new to avoid an unnecessary waste of plastics, which therefore increases the mass production of it. So our main goal is to come up with ideas that anyone can carry out in the comfort of their homes, with other products such as sugar or oil that everyone has in their kitchens or are really easy to obtain from any store. People starting to use these alternative ideas will eventually result in a meaningful reduction in the use and waste of plastics that severely harm the environment as they usually end up in natural habitats such as forests, rivers and the sea or the ocean, which at the same time damages marine and terrestrial life.

## References

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