

WHAT IS IN YOUR COSMETICS?

part of **GreenGate Methodological Toolkit₂**

Created within the project GreenGate₂.

GreenGate₂ project (reg. n. 2023-2-CZ01-KA220-YOU-000174554) was co-funded by the Erasmus+ programme of the European Union.

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What is in your cosmetics?

INTRO

Ever checked the ingredients on your favorite hair gel or face cream? Some products hide chemicals that can affect your skin and even your health! But don't worry, we've got the perfect tool to uncover the truth!

In this activity, we'll use a special app to scan cosmetic products and analyze their ingredients. You'll learn how to spot harmful chemicals, understand what's safe, and become a pro at choosing health-friendly products.

Aim: Learn what ingredients are in your cosmetics, what effects they might have on your health and the environment.

Time: 45 minutes

Place: Indoors or outdoors (make a small field trip to a drug store)

Tools:
▷ worksheet for each participant or a pair of participants
▷ tablets (if participants are not allowed to work with their own devices).

PREPARATION

Ask the participants to bring 5-8 skin or beauty care products that they use regularly (for example: toothpaste, face gel, make-up, soap, deodorant, hair gel, etc.).

Alternatively, you can plan a small field trip into a nearby drugstore and do the scanning of the products there. Make screenshots of the ratings and continue with the activity back in the workshop room / classroom.

Ask the participants to download the GreenScan app:

<https://green-gate.eu/greenscan-app/> (if working with their own personal devices).

MOTIVATION

Participants sit in a circle. Ask them an introductory question:

- *According to which parameters do you choose your cosmetics?*

Write the answers on a blackboard or a big piece of paper, e.g. *brand, fragrance, good experience, price, advertising, anti-allergenicity, product not tested on animals, etc.*

After noting down the answers, ask the participants to choose the top 3 aspects that are most important to them. Do the *ingredients* of the product feature in these three?

CORE

Ask the participants to work alone or in pairs (depending on your preference), to download and or open the GreenScan app and to scan each of their products following the instructions in the app. Not all products can be found in the app. If their product is not in the app, they should add it, take a photo of the product and submit it for analysis.

Participants should select 6 products and complete the worksheet in the Appendix. The thumbs-up on the worksheet serves as a rating scale: color the entire picture if they like the product and consider it good, fill in half if they still like the product despite a less favorable assessment, and leave it empty if the product needs to be reconsidered.

CONCLUSION

Discuss what they have learned about their products, ask:

Was the assessment helpful for you? Do you consider buying different products in the future? Try to find good alternatives, will you make the switch?



Some products can have grey question marks as a result and therefore no clear health or environmental impact score. That means that some ingredients have not been assessed yet. In that case, move on to scanning another product.



Appendix
Worksheet:

Product 	Health Impact score 	Enviro Impact score 	Worst ingredients 	Worst health impact 	My Assessment

And, how did you do?



You can download the app here: