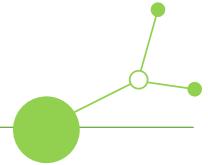


Face toner and peeling made from grape's residues





WP2: EMPOWERING CITIZENS TO BECOME ACTIVE IN CIRCULAR BIOECONOMY

A 2.2: EMPOWERING CITIZENS TO PRODUCE OWN BIOBASED PRODUCTS

Instructions for homemade biobased products

2nd workshop in Slovakia: Face toner and peeling made from grape's residues

The goal of the following instructions is to create natural cosmetics at home. We will focus on making the face toner and the peeling. For production, we will use grape seeds from blue grapes and additional ingredients such as floral water obtained by distillation with flower extracts (e.g. lavender, rose petals), and cold-pressed grape seed oil, which can be made at home or purchased in high organic quality.

Grape seeds are rich in polyphenols, which have strong antioxidant effects, protecting the skin from free radicals and oxidative stress. They also contain vitamin E, known for its antioxidant properties and ability to regenerate the skin. The flavonoids present in the seeds have anti-inflammatory and antioxidant effects helping to protect skin cells and reduce inflammation. Linoleic acid, an essential fatty acid found in seeds, promotes hydration and skin elasticity and has anti-inflammatory effects. Other ingredients include minerals such as zinc, copper and iron, which are important for skin health.

Face toner

What we need:

- Grape seeds from blue grapes
- Floral water*



- Mortar and pestle
- Containers for finished toner

Process:

1. Let the obtained seeds from blue grapes (preferably organic) dry naturally or use a fruit dryer.
2. Use a mortar and pestle to grind the dried seeds into a fine powder.
3. Pour the floral water into a clean container.
4. Add the desired amount of grape seed powder to the container with water (2g of grape powder per 1 liter of floral water are recommended).
5. Close the container and shake well to mix the powder with the water.
6. The final product does not require special storage conditions. Shake the liquid before each use. Any sediment formed is not a defect of the product.
7. Apply the face water to a cotton pad and use it as a toner or makeup remover. Do not rinse off with water after application.

* Floral water

What we need:

- Pot with a lid
- Heat-resistant stand (e.g. ceramic muffin tin)
- Bowl for collecting floral water (should not be too wide - just so it does not touch the edges of the pot)
- Herbs/flowers to be processed - approx. 5 handfuls
- Ice bag

Process:

1. Place the stand in the pot.
2. Pour water into the pot: approx. 2-3 cm from the bottom of the pot and soak the herbs in this small amount of water. Check occasionally to prevent burning herbs during distillation!



3. Place the bowl on the stand to collect the floral water. Cover the pot with the lid upside down. The bowl should not touch the pot or the lid.
4. Bring the water to a boil. Once boiling, place the ice bag on the lid and reduce the heat to maintain a gentle boil. Distill for about 20 minutes, no longer.
5. After 20 minutes, turn off the heat and let the pot cool down. Carefully remove the bowl from the pot - the floral water is ready.

Peeling

What we need:

- Grape seeds from blue grapes
- Cold-pressed grape seed oil
- Mortar and pestle
- Containers for mixing and for the finished peeling
- Natural essence (optional)

Process:

1. Let the obtained seeds from blue grapes (preferably organic) dry naturally or use a fruit dryer.
2. Use a mortar and pestle to grind the dried seeds into a powder (does not have to be a fine powder).
3. Pour the grape seed powder into a clean container (according to the desired amount of peeling).
4. Add grape seed oil and mix thoroughly. Adjust the amount of powder or oil to achieve the desired consistency.
5. Add few drops of natural essence to give it a pleasant fragrance. (Optional)
6. Store the final product in a clean, sealable container. The peeling does not require special storage conditions.
7. Use the peeling on the face once a week. Apply the desired amount to the face and gently massage in circular motions. Leave it on for a moment and then rinse off with warm water. The peeling can also be used to soften the skin of the whole body. The application procedure is the same.

Enjoy your home-made natural cosmetics!