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HEALTH & BEAUTY

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| RECOMMENDED GRADE LEVEL | 6, 7, & 8 |
| ACADEMICS | SCIENCE |
| TEKS ADDRESSED | Health 115.22.a(1), 115.22.b(6.1), (c), (e) |
| DESCRIPTION | Demonstrate how to make body lotions, scrubs, and shampoo |
| TIME REQUIRED | 2 times a week Lessons: 1. Discuss uses of lotions, scrubs, and shampoo. 2. Discuss different types of fragrances that can be used in these products. 3. Materials needed: everyday household products. 4. Discuss safety procedures. 5. Research ancient products. Possible community service. |
| MATERIALS | Fruit (lemons, oranges), glycerin, coarse salt, Epsom salts, olive oil, mixing bowl, shampoo, vanilla, and containers |
| APPROXIMATE COST | \$1.00 per student |
| TEACHER TIPS | 1. Use baby food jars as containers for lotions and shampoo. 2. Use snack baggies for bath salts. 3. Use the cheapest available unscented shampoo as the base for the shampoo. 4. Use live plants for lotions—e.g. rosemary, lavender, lemon. 5. Use as many inexpensive household items as possible. |
| ADAPTATIONS | 1. Model procedure. 2. Provide samples. 3. Have all ingredients labeled; include a picture of the ingredient on the label. 4. Start with a few basic ingredients to make basic lotions. Add more ingredients as students get more skilled. |
| CONTACT | Pflugerville ISD |