

Algae Self Care Products

Algae's natural antioxidants, color pigments, and anti-inflammatory properties make it a great addition to self-care products such as hand creams, body scrubs, and face masks.

Hand Cream Recipe

Materials Needed

- 3 tsp of shea butter
- 1 pump of coconut oil
- ½ tsp of aloe
- Sprinkle of preferred algae powder
- ½ tsp hot water
- ½ tsp of sugar or salt (optional)
- 3-4 drops of essential oil (e.g., lavender, lemon, or mint)

Instructions

1. Soften shea butter with a spoon or stirring stick.
2. Add the shea butter, coconut oil, powder and hot water to a cup and mix until it looks like a paste. Adjust ratios.
3. Add a couple of drops of your favorite essential oils.
4. Scoop the cream into a clean container. If it starts to melt at room temperature, re-whip it and store it in the refrigerator to keep a firm, creamy texture.



Moisturizing Body Scrub Recipe

Materials Needed

- 3 tbsp shea butter
- 6 pumps coconut oil
- 4 drops vitamin E oil
- ¼ cup of salt or sugar
- 2 tsp of preferred algae powder
- 6 drops of preferred essential oil

Face Mask Recipe

Materials Needed

- 1 tbsp coffee
- Pinch of preferred powdered algae (mix with warm water)
- 2 tsp of shea butter
- 2-3 drops of vitamin E oil
- 1 tbsp of aloe



Tips for Success

- The products are not made for human consumption; do not eat.
- Use products within 1-2 days for best results.
- Store in cool, dry place.

Have another idea or inspiration? Contact us at maria-project@bigelow.org.