

Coconut Lotions For Day and Night - Program Proposal

Description

This program will appeal to patrons who want natural alternatives to commercial products. The popularity of coconut oil and the simple recipe make the program a good introduction to DIY and practical, collaborative learning. In the program session, patrons work in groups to mix and scent two lotions with essential oils that they will take home.

Audience

Teen/Adult

Budget/Costs

Durable Goods Investment: \$89

Consumables: \$75

Cost of consumables/participant: \$3.10

Number of participants

8

Program Time

1.5 hours plus .5 hours staff setup time

Collection and Dewey Connections

Essentials Oils - 615.321

Natural Skin and Hair Care - 668.5, 646.72

Handicrafts - 745.593

STEAM Tie-ins

Science: chemical reactions, five senses

Art: shapes, textures

Math: measuring



Coconut Lotions For Day and Night

Ingredients

- 3 cups coconut oil
- ¼ cups beeswax
- 2 tbs vitamin E oil
- 15-20 drops Essential oils: Lavender for calming, lemon for invigorating

Method [TOTAL TIME: 90 minutes]

Day before: Melt together beeswax and coconut oil

- In large bowl, heat beeswax on medium-high power for 6 minutes, or until soft.
- Add coconut oil and heat on medium-high for 6 minutes, or until melted.
- Stir together thoroughly
- Let sit overnight or until solidified

Day of Session

Prepare area: 10 minutes

1. Cover your work area with paper. Arrange ingredients and equipment.

Introduction: 10 minutes

1. Introduce yourself and any experts. Provide cautions for essential oils.
 - a. Oils are concentrated and can irritate skin. Avoid direct contact with full-strength oils.
 - b. Oils should only be taken internally under the direction of an expert.
2. Overview process.
 - a. We will divide into two groups; each group will make one variety of oil and participants will take home one of each kind.
 - b. Measure and whip coconut oil, add vitamin E oil to coconut oil while whipping, add essential oils, and spread into containers

Measure and mix Ingredients: 20 minutes

In each group:

1. Measure coconut oil into bowl or glass container. Do NOT melt it or it won't whip correctly. Use a butter knife or spatula to chop it up a bit.
2. With the mixer on low speed, whip the oil until it breaks down into small pieces. Turn the mixer up to high and whip until the oil is fluffy, scraping oil down into the bowl as you whip to include all of the oil.
3. Add the Vitamin E oil and whip just until it's incorporated.
4. Add the essential oil. If you choose more than one oil to create a scent, the total number of drops should be 15-20.

**The scent may not seem strong, but it will be stronger when it warms on the skin.

Divide the oil into containers and label: 10 minutes

1. Use spatulas or spoons to fill the containers. Add the lids and wipe the outsides.
2. Wipe or wash your hands, write on the labels, and adhere them to the tins.
**It's a good idea to include the names of the essential oils for anyone who has sensitivities.

Clean up and complete survey: 15 minutes

1. Wash equipment, using hot soapy water to clean the off oils.
2. Clear protective paper and wipe up any oils that may have spilled.
3. Patrons fill out survey.

Equipment Notes (See also complete supplies list)

You will need:

- Access to a sink to wash equipment at the end of the workshop.
- Deep mixing bowls can be glass, metal, or plastic. Heavier bowls will keep the oil cool while you work.
- Spatulas - silicone cleans up easily
- Butter knife or stiff metal spatula
- Dry measuring cups
- Tablespoon measures

Variations

Essential Oils

Essential oils are from plants. They come from the roots, stems, flowers or seeds. Fragrance oils can be blends of essential oils or they can be artificially produced. Be sure you know what you have. Most oils can be used at the rate of 15-20 drops or around a teaspoon per batch of this size.

Other items

You can experiment with aloe vera gel, vitamin E, shea butter, and other oils.

Tips and Tidbits

Essential oils

- Lavender, marjoram are used to calm, soothe, balance, and restore.
- Lemon, peppermint, bergamot, ginger are used to invigorate.

Coconut oil liquefies at 78 degrees.

Related Links

- [6 Scents That Can Transform Your Mood and Productivity](#)
- https://en.wikipedia.org/wiki/Essential_oil
- [Coconut Oil Deodorant](#)
- [Beard Oil](#)
- [Coconut Oil Bug Spray](#)

Jar Labels



DAY LOTION
SCENTS:



DAY LOTION
SCENTS:



DAY LOTION
SCENTS:



NIGHT LOTION
SCENTS:



NIGHT LOTION
SCENTS:


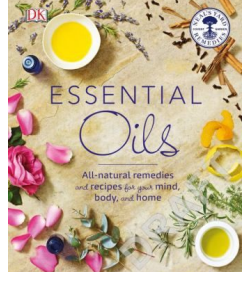

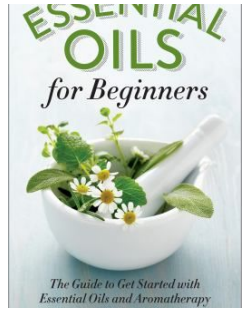
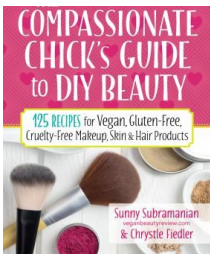
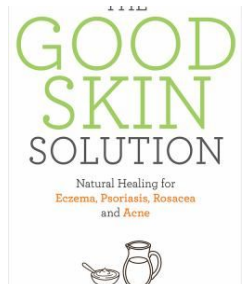


NIGHT LOTION
SCENTS:



Coconut Lotions For Day and Night				
Item	Price	Quantity	Total	Where to Purchase
Equipment				
deep mixing bowl	\$5.99	2	\$11.98	Home Goods
measuring spoons	\$3.99	2	\$7.98	Home Goods
silicone spatula (set of 4)	\$4.99	1	\$4.99	KMart, Home Goods
hand mixer	\$19.99	2	\$39.98	KMart; Bed, Bath and Beyond, amazon
measuring cups	\$4.99	2	9.98	Home Goods
metal spatula (set of 4) - can also use butter knives	\$13.99	1	\$13.99	Home Goods, https://www.amazon.com/Stainless-Baking-Spatulas-G2PLAY-Spatula/dp/B01LMYMVIG/ref=sr_1_6?ie=UTF8&qid=1496931530&sr=8-6&keywords=metal+spatulas+for+baking
SUBTOTAL			\$88.90	
Consumable Supplies				
coconut oil (30 oz)	\$9.99	2	\$19.98	Home Goods
Vitamin E oil (2.5 oz.)	\$5.25	2	\$10.50	CVS
Metal Tin - Round 2oz (case of 24)	\$13.25	1	\$13.25	https://www.mountainroseherbs.com/catalog/containers/tins
Metal Tin - Round 4oz (case of 24)	\$15.75	1	\$15.75	https://www.mountainroseherbs.com/catalog/containers/tins
essential oils (3 oil set) - or individuals, including at least lavender or marjoram, lemon or peppermint or eucalyptus or ginger	\$14.99	1	\$14.99	Bed, Bath, and Beyond
1 sheet labels to print or write on - see template		1		from general office supplies
Paper towels				from library supplies
SUBTOTAL			\$74.47	
TOTAL			\$163.37	
Consumables cost per participant (8 participants)			\$3.10	
Optional				
non-latex gloves (optional)	\$0.25	8	\$2.00	hardware or Home Depot
4 oz natural-colored jar	\$0.39	24	\$9.36	https://www.containerandpackaging.com/products/100/pp-single-wall-jar/J020

Title List

	<p>The complete guide to natural homemade beauty products & treatments : 150 recipes from scrubs to masks to moisturizers & shampoos</p> <p>Ruiz, Amelia, author.</p>		<p>Essential Oils</p> <p>Curtis, Susan (Homeopath), author.</p> <p>Thomas, Pat, author.</p> <p>Johnson, Fran, author.</p>
	<p>The best natural homemade skin & hair care products</p> <p>Rhatigan, Joe.</p>		<p>Essential oils for beginners</p> <p>Althea Press, editor.</p>
	<p>The compassionate chick's guide to DIY beauty</p> <p>Subramanian, Sunny, author.</p> <p>Fiedler, Chrystle, author.</p>		<p>The good skin solution : natural healing for eczema, psoriasis, rosacea, and acne</p> <p>Jones, Shann Nix, author.</p>

Total BooX Shelf: Natural Skin Care and Essential Oils Book Shelf



Patron Program Survey

Your response to this brief survey helps to improve programming in the short and long term. Thanks in advance for your input!

On a scale of 1 to 5, rate your knowledge of and confidence about the activity BEFORE the program.

- 1 - I've never heard of it.
- 2 - I've heard of it but don't have much knowledge of it. I haven't participated in it.
- 3 - I have participated in this activity once. I am a novice.
- 4 - I have some knowledge about the activity and have participated in it as a hobby or past time.
- 5 - I am an expert or professional in this field or activity.

On a scale of 1 to 5, rate your knowledge of and confidence about the activity AFTER the program.

- 1 - I've never heard of it.
- 2 - I've heard of it but don't have much knowledge of it. I haven't participated in it.
- 3 - I have participated in this activity once or twice. I am a novice.
- 4 - I have some knowledge about the activity and have participated in it as a hobby or past time.
- 5 - I am an expert or professional in this field or activity.

What did you like most about the activity?

How likely is it that you will recommend this program to someone?

Very likely

Not likely

If you answered "Not likely" above, why not?

It needs to be better organized.

It wasn't fun.

I didn't like the materials.

I wasn't happy with my finished product.

Other:

What suggestions do you have for making the activity better?

What suggestions do you have for other programs at the library?

Educational/Lifelong Learning Survey

Your response to this brief survey helps to improve programming in the short and long term. Thanks in advance for your input!

You learned something new that is helpful

Agree
Disagree

You feel more confident about what you just learned

Agree
Disagree

You intend to apply what you just learned

Agree
Disagree

You are more aware of applicable resources and services provided by the library

Agree
Disagree

What did you like most about the program?

What could the library do to improve your learning?

What other projects would you like to learn?