

Biochar Face-mask Workshop Details and Tips

Background:

Beauty products comprised of charcoal are becoming more and more common on the market, learn the reasons behind this and the basics of how and why to make your own Biochar-clay facial masks at home. We'll discuss the benefits of Biochar and using it in your healthcare routine, and also the gains of clay face-masks and the various options for ingredients and ways to make them. My interest in this topic came from my background of growing up with acne and using masks to heal and cleanse my skin. Also, I work on an organic farm that uses biochar in the soil and I've come to learn the wondrous and varied uses of biochar.

Learning Objectives Expanded:

Participants will learn 3 benefits of using biochar for our physical health including its benefits as a detoxifier, use as an anti-microbial, absorbing perspiration and odors, and shielding against electromagnetic radiation. Participants will also learn how to make a simple face masks themselves and will go home with full understanding and knowledge of how to put it all together and what materials to use. Participants will learn the benefits of making and using face masks including use as a treatment for acne, eczema, and psoriasis. My research I gained both experientially from the farm I work at, but also by doing a lot of research online through databases and various websites.

Tips:

Before giving a workshop, make sure you are fully prepared; memorize as much of your information as possible so that you will not be reading from a script and can maintain eye contact with your participants. Maintaining eye contact and not reading from anything will increase your own confidence and you participants that you know your topic and what you're talking about.

Take questions as they come, even if you don't know the answer, it leaves room for you to learn more by doing research later, and allows for participants to leave wondering the answer, leading to them doing more research as well.

Ask participants about their knowledge of your topic before you begin to assess what people already know, and also to allow participants to feel heard and that their input is valuable. Also, you can always learn something new by sharing the floor with others..

(For additional resources, see handout)