

**Title:** Biochar Face mask workshop

**Length:** 30 min

**Objectives:**

- Participants will learn 3 benefits of using biochar for our physical health.
- Participants will learn how to make a simple face masks themselves.
- Participants will learn the benefits of making and using face masks.

**Materials:**

- Powdered organic biochar
- Powdered facial clay
- Raw honey
- Water or apple cider vinegar
- Jars/labels

**Overview of workshop:**

Workshop opening- First I assessed the participants knowledge about biochar and facial masks by asking if they had ever heard of it, and had someone explain what they thought it was. I then gave an overview of what biochar is, how it is made, and why it would be used in this context. Next I discussed the differences between biochar and activated charcoal, and passed around a sample of biochar.

During the Workshop- I discussed the history of facial masks and their many uses and benefits. Next I described in detail each product being used in the face mask and why I choose these over other options. I discussed the type of clay, the raw honey, apple cider vinegar, and various herbs and essential oils. Then I mixed up a sample ace mask using all the previously mentioned ingredients, and passed it around for the participants to touch, look at, and try on.

Workshop closing- To close I took questions and talked more extensively about biochar and its various benefits as a soil amendment and also as a health/beauty product. I gave each participant a sample dry mask (containing just powdered clay and biochar) with instructions and an informational handout to take home.

**Audience:** I was teaching at the Amherst Sustainability Fair to community members ranging in age, but mostly to an adult crowd.