

Oconto County 4-H

As you work on your project throughout the year, you may find it helpful to take pictures and keep notes. They can come in handy as you plan for ways to share what you have learned and look back on what you've done.

Suggestions for showcasing your project work:

- Tell about what you've learned at **Speaking Fest**
- Show what you've learned at **Demonstration Fest**
- Take your project to the **Oconto County Fair** or the **Home & Family Fest**
- Enter local contests **outside of 4-H** like essay contests, shows and speech contests
- Look for creative ways to share what you've learned with your **club**, your **school** and your **community**

Stay in Touch!

Here's how you can contact your key leader(s) this year:

Ginny Schaal (920)598-0990

Adult Key Leader

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Youth Key Leader

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01/2010

Developed by Oconto County 4-H Project Development Committee

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WELCOME TO THE OCONTO COUNTY 4-H

Health (Home Spa Focus)

PROJECT!



Home Spa: Taking Care of Me!

The 4-H Health Project (Project # 40902) explores many topics of how to care for yourself to stay healthy inside and out. The activities listed in this Home Spa: Taking Care of Me! booklet will help you further explore fun, homemade ways to care for and pamper yourself from head to toe.



Have fun!

Beginning of the Year

Here is what I would like to learn this year (my goal) in the Health project:

During the Project Year

Here are the steps I will take to meet my goal:

During the Project Year

Here's what I learned, and how I felt about my project experience:

Did you enjoy Taking Care of Me?

Was this project fun for you? If not, **that's okay**. It isn't likely that you'll like every project. What's important is that you **tried something new** and that you **learned something**.

What did you learn in this project? What could you have done better? What are you really proud of? These are all good questions to think about when you finish a project.

Thanks for trying out the HEALTH PROJECT!

If you liked this project, you should consider signing up for another year! You will get to dig deeper into the project and discover many new and exciting things.

It's never too soon to get started on next year's projects!



See you in the next project year!

Notes



September

Let's begin your Home Spa adventure.



SOAP... We all use it in one form or another. We use it to clean our bodies. There are many kinds of soap to choose from: one that deep cleans, one that softens, one that smells great, etc., but are very many soaps all that FUN? With a little creativity and a few supplies, you can make soap that is both fun to use and create!

To begin, gather your soap making supplies: melt and pour soap base (glycerin, goats milk, or shea butter soap is found at local craft stores like JoAnn Fabrics, Michaels or Hobby Lobby, in 1-5 pound blocks), soap colorant, soap scent, a butter knife, a microwavable 2-cup measuring cup, a soap mold and a stirring stick (we use tongue depressors at our house).

Next, use the butter knife to break-up the soap into 1" chunks and fill the measuring cup about $\frac{3}{4}$ full. Heat the soap in the microwave for 40 seconds. Stir with the stirring stick. Continue to heat in 10-15 second intervals, stirring between each interval, until the soap is melted. Add 1-2 drops of soap colorant and 1-2 drops of scent into melted soap and stir. Add more colorant and fragrance in small amounts if desired.

Set soap mold on hard, flat surface and immediately pour melted soap into the soap mold. Allow to cool and harden. Pop soap from the mold and wrap with plastic wrap. Seal the back of the soap with a decorative sticker.

After you have created your soap, be sure to take some time to test it out. Relax in the tub, enjoying your creations!

October

This month learn why it is important to **hydrate** and **nourish** your skin. In the cool winter months, skin becomes dry and chafes easily if not moisturized regularly. So why not prepare for the months ahead by customizing your own **LOTIONS?**

Begin by selecting an unscented and colorless shea butter or other vitamin-rich lotion, a super smelly soap scent, and soap colorant, all of which can be found at your local craft store.

Next, recycle a clear decorative plastic bottle with a cover by removing all labels and washing it in warm, soapy water. Allow the bottle to dry. After drying, fill the bottle $\frac{3}{4}$ full of lotion. Add 1-2 drops of colorant and 1-2 drops of scent to the bottle. Replace cover and shake, shake, shake. Shake until the color is even throughout the bottle. Continue to add color and scent until desired color and fragrance is achieved.

Add more lotion to the bottle, leaving $\frac{1}{2}$ " head space and shake until well blended. Label your creation by placing an address label on the front of the bottle and writing its contents with a waterproof marker. For example, "Bubblegum Lotion by _____!" Add decorative stickers if desired. Use your newly created lotion to moisturize your hands, knees, elbows, and feet.

*For a fun challenge, create two separate color lotions and layer the two in one bottle or try adding a little cosmetic grade glitter to your lotions for a little sparkle & shine!.

Notes



Oconto County Fair Categories for 2010

Numbers are still be finalized for next year's fair, but here is a sneak peak at what you probably will be able to bring in your Health project.

Health Dept. 34 Class B

Home Spa: Taking Care of Me

- Lot 32 Handmade Lip Balm, include recipe
- Lot 33 Handmade Lotion or Body Cream, include recipe
- Lot 34 Homemade Facial or Body Scrub, include recipe
- Lot 35 Handmade Herbal Soap Bar, include recipe
- Lot 36 Handmade Bath Salt Soap Bar, include recipe
- Lot 37 Handmade Soap On A Rope, include recipe
- Lot 38 Any Other Handmade Soap Not Listed, include recipe
- Lot 39 Handmade Bath Bombs, include recipe
- Lot 40 Tinted Bath Salts, include recipe
- Lot 41 Handmade Bubble Bath or Bubble Jelly, include recipe
- Lot 42 Handmade Soft Soap, include recipe
- Lot 43 Collection of Handmade Spa Items (3 or more), include recipes
- Lot 44 Bath Mitt or Glove
- Lot 45 Bath Robe or Body Wrap
- Lot 46 Hooded Towel
- Lot 47 Hair Wrap
- Lot 48 Eye Mask
- Lot 49 Manicure or Pedicure Kit
- Lot 50 Spa Gift Basket containing at least 1 handmade spa item, include recipes of handmade items
- Lot 52 An exhibit of a Spa Wardrobe consisting of 5 items
- Lot 51 Any Other Spa Item Not Listed

For all lots Include a 3"x5" index card stating what the item is and why it is beneficial to use.

November

Take your shoes and socks off! Look at your feet. What do you see? How do your bottoms feel to the touch? Are they rough? Do they need to be **exfoliated** (removal of dry skin)? If so, try this out:

Make your own **FOOT SUGAR SCRUB** to make your feet feel super soft. All it takes are a few simple ingredients that you probably already have in your home. Prepare by gathering a couple of clean plastic jars or containers with covers (peanut butter jars and deli containers work well), granulated sugar, sunflower or canola oil, and soap colorant. In a large bowl, mix together 2 cups of sugar, 6 oz. of oil and 1-2 drops of soap colorant. Stir until well blended. Add fragrance if desired. Spoon sugar scrub into jars and label.

To use, scoop a handful of scrub from the jar and rub all over your feet, paying particular attention to your heels. Rinse with warm water. Dry your tootsies with a towel and put on a pair of socks.

*This scrub works wonders on dry knees and elbows too!
Give it a try!

Many other body scrub recipes can be found at www.teachsoap.com.



December

'Tis the season of giving! Continue on your soap making adventure. This month make a special soap to give away to a friend, a neighbor or just about anyone.

Research how you can make special **HERBAL SOAPS** that not only clean your skin, but **condition** and **heal** your skin. Some examples of herbal soaps are: Cinnamon Oatmeal Soap, Mint Soap, Lavender Soap, and Milk and Honey Soap. Learn why these specialty soaps are so good for your body. Recipes can be found at teachsoap.com.

After you've made your soap, seal the back of the soap with a decorative sticker. Wrap finished soap with tissue paper and tie with pretty ribbon.

Voila! A special soap for someone special!

* Think of other clever and creative ways to wrap and dress-up your creations for gift giving or showing at the fair. Some ideas to try may include using gift wrap, scrapbook paper, raffia, ribbon, or stickers. Also think of different ways you may present your collection of soaps. You may want to embellish a basket with ribbons and bows, add a little shredded paper and nestle your soaps within. By all means, play with a number of ideas and find one to your liking.



August

This month try your hand at one of the many new and different handmade soap ideas for some more squeaky, clean fun. Remember, Melt and Pour soap is available at many national craft stores like JoAnn Fabrics, Michael's, or Hobby Lobby. There you will also find soap molds, colorants, scents, and other soap additives.

Ideas and recipes to make fun soaps can be found at www.soapylove.com and www.familyfun.go.com. Additional soap making ideas can be found at your local library. One recommended read is Lark Kids Crafts: Soapmaking by Joe Rhatigan. Another recommended read is Soapy Love by Debbie Chialtas. Both of these books have great step-by-step instructions on how to make way cool, FUN soaps. Check 'em out!

And with parent permission, view tutorials on soap making on youtube.com. There are great videos by Soap Queen, Anne-Marie Faiola. Just key in "Soap Queen TV"



I hope you have been inspired to try out a few new things in the Health Project. If you need more information or any help, please feel free to contact me: Ginny Schaal, Little Seedlings 4-H Club, (920)598-0990. I look forward to hearing from you. Enjoy!

Oatmeal-Yogurt Mask

2 T. plain yogurt

2 T. ground oatmeal

Mix oatmeal into the yogurt. Spoon mixture into plastic storage container for safe and easy transport to your bathroom. If necessary, pull back your hair. Apply mixture to your face and allow to dry. Rinse with warm water. This mixture is enough for 1 facial. Throw out any unused mixture.

Yogurt-Cucumber Mask

2 T. plain yogurt

$\frac{1}{4}$ peeled, sliced, pureed cucumber

In mixing bowl, combine cucumber puree and yogurt. Spoon mixture into plastic storage container for safe and easy transport to your bathroom. If necessary, pull back your hair, apply mixture to your face and allow to dry. Rinse with warm water. This mixture is enough for one mask. Throw out any unused mixture.

Egg and Yogurt Face Mask

2 egg whites, separated from yolk

2 T. plain yogurt

In mixing bowl combine egg whites and yogurt. Spoon mixture into plastic storage container for safe and easy transport to your bathroom. Pull back your hair if necessary and apply mixture to face. Wait 5 minutes and rinse with warm water. Pat face dry with towel. This mixture is enough for one facial. Throw away any unused mixture.

January

Brrr! It's cold outside! Cold weather and gloomy days make everyone seek comfort and warmth. To RELAX away the winter blues, make a Cozy Neck Warmer.

For this project you will need the following: 1 hand towel, a piece of muslin the same size as the hand towel, 4 pounds of uncooked rice, pencil, scissors, sewing machine and coordinating thread. Start by taking the muslin fabric and sew the long sides together. Next, sew one end closed and turn right side out to create a long, narrow bag. Fold the bag in half and mark the fold line with a pencil. Open bag and fold each end into the center and mark on each of the fold lines, creating 4 separate sections. Pour 1 pound of rice into the bag. Sew along the first marked line. Repeat and fill remaining sections with rice. Sew bag closed after the fourth section has been filled. Set the rice bag aside. Taking the hand towel, fold in half lengthwise. Sew one end and the entire length of towel, leaving the other end open. Clip corners and turn right-side out.

Finally, slide the prepared rice bag into the towel and sew the end closed. To use, microwave neck warmer 2-4 minutes and then snuggle up and relax away the winter blues!



February

Have you ever seen or tried out the things they call "BATH BOMBS"? They are round balls you toss in your bath water that fizz and "explode" right before your eyes. Do you know that you can make these exploding wonders right in your own kitchen? The website www.teachsoap.com has tried and true recipes to create your own "Bath Bombs". That site also has recipes to make super moisturizing bath bombs, tub tints and other bath fizzies too. Check it out!

*The basic bath bomb recipe found at the above website directs you to put the bath bomb mixture into a dome-shaped mold to form, however, you can mold your bath bombs by hand. Simply form small balls with your hand as you would form a snowball. After your bath bombs have thoroughly dried, wrap them with plastic wrap or cellophane.



July

This month feed your face! Many of the foods that you already eat are good for your face too. Here are a few recipes to get you started making your **FACIAL SCRUBS** and **BEAUTY MASKS**.

Warning! Before applying any of the following ingredients to your face, test yourself for sensitivity. Simply dab a small amount of each mixture on the inside of your wrists and wait about an hour. If you notice any burning, itching, or irritation, wash area with soap and water immediately and **DO NOT** apply to your face.

Applesauce Facial Scrub

1 $\frac{1}{2}$ T. ground oatmeal

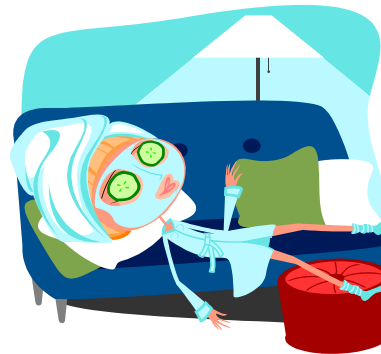
1 $\frac{1}{2}$ t. ground almonds

1-1 $\frac{1}{2}$ t. honey

$\frac{1}{2}$ c. unsweetened applesauce

Mix all ingredients in mixing bowl, forming a thick paste. If mixture is too wet, add more oatmeal. If mixture is too dry, add more honey. Spoon mixture into storage container for safe and easy transport to your bathroom. If

necessary, pull back your hair. Gently rub paste onto face in a circular motion. Leave on for 5 minutes. Rinse with warm water and pat skin dry with towel. This mixture is good for one facial. Throw out any unused mixture.



June

Did you run out of **LIB BALM**? No problem. You can make your own and customize it too! Here's a recipe from [Spa Fun](#), an American Girl Publication (2009). Give it a try!

Lip Balm

1 teaspoon of beeswax beads (found at health-food stores)

2 teaspoons of coconut oil (found at health-food stores)

Small microwave-safe bowl

Food flavoring (such as vanilla or peppermint extract)

Small container with lid (such as a clean, empty lip-gloss container)

Place the beeswax beads in the bowl. Heat in the microwave on high for 1 minute, or until melted. Ask an adult to help you remove the bowl from the microwave. Stir in 2-3 drops of flavoring. Have an adult help you pour the mixture into the container. Don't cover the balm or apply it until it is cool and firm to the touch.

Many other lip balm recipes are available online at www.teachsoap.com and at your favorite craft store. Lip balm kits, ingredient refills, and individual lip balm canisters are also available at your favorite craft store.

March

Did you know that sea salts and Epsom salts are good for your skin? They have important minerals like sodium, magnesium, calcium, sulfate, iron, silica, and sulfur that cleans, refreshes, and tones your skin. These salts can easily be colored and scented for your next bath.

Here's what you'll need to make your own **BATH SALTS**: 1 cup of Epsom salt (found at your local grocery store or drugstore), 1 cup of sea salt (found at your favorite craft store), food coloring or soap colorant, soap fragrance, a quart size freezer storage bag, and decorative containers or recycled baby food jars to store your colored salts in.

Once you have gathered all your supplies, start by pouring the salts into the freezer bag. Next add a couple of drops of colorant to the bag. Also add a couple drops of fragrance to the bag. Zip the top of the bag and gently mix the contents. Add more color and fragrance if desired and mix again.

Once desired scent and color is achieved, pour salts into decorative containers or jars. To use, pour a few salts into a warm bath and *SOAK* to *sooth* and *nourish* your body.

*Bath salts in baby food jars can be topped with a scrap of fabric and tied with ribbon for a quick and easy gift!

April

Although the fair may be months away, it may be a good idea to give a little thought to what you may want to enter under your Health (Home Spa) Project. How about considering designing your own **SPA WARDROBE**? This wardrobe could possibly include a favorite pair of pjs, a pair of slippers, a robe or a bath wrap, a hair wrap, a bath mitt, and a beauty mask.

Assemble your wardrobe using purchased store items or create your own using your sewing skills. The Simplicity Pattern Company has designed a new pattern just for spa attire. It includes a pattern for a **BATH WRAP** and other spa accessories (pattern #4747). Another pattern by Simplicity is an Easy To Sew **ROBE** (pattern #3575 or #2746). These patterns may be purchased at your local craft store or online at www.simplicity.com.

Bath mitt patterns can be found at www.puppetpub.com. There you'll find patterns to make a bunny, a dog, a cat, and other fun animal bath mitts. A fun beauty mask pattern can be found at <http://familyfun.go.com/crafts/beauty-mask-673978>.

Once you have created your Spa Wardrobe, enter it in the fair under the NEW Home Spa Health Project.



May

This month learn how to give yourself a **PEDICURE** and a **MANICURE**. First, you'll have to gather up a few supplies. Find yourself nail clippers, emery board, bowl of warm soapy water, nail brush, towel, hand lotion, nail polish and a set of toe separators.

To begin, carefully trim and shape your fingernails with nail clippers. Next, use the emery board to smooth out any rough edges. After you've trimmed up, soak your hands in the bowl of warm, soapy water for 5 minutes and then rub a nailbrush under the white part of your nails to remove any dirt. Rinse your hands and dry them with the towel. Repeat the process on your toes.

After you've trimmed, soaked, and cleaned your nails, rub hand lotion onto your hands and feet paying particular attention to your cuticles. Finally, boys, you're done. . . . girls, paint your nails with your nail polish. Use the toe separator on your feet to easily paint your toenails.

*Have your supplies ready for your next pedicure or manicure. Place everything you need into a new gallon-sized paint can with lid. Decorate the can with scrapbooking papers, ribbons, and other embellishments. Oh, how sweet!

