

GUIDE TO WORKSHOP

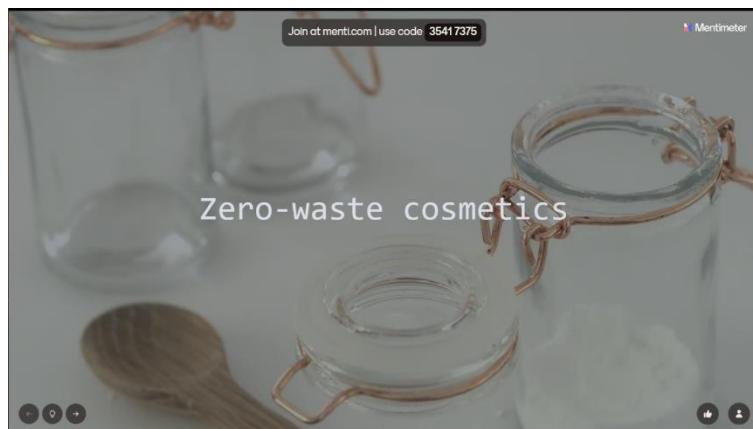
LEADERSPRESENTATION

PREPARATION TO PERFORM

CITIZEN SCIENCE

DEMONSTRATION ON ZERO-WASTE COSMETIC

SUGESSTED WORKSHOP TEMPLATE



PRESENTATION SCRIPT

Slide 1 – Title Slide

"Hello everyone, and welcome to today's workshop titled *Zero-Waste Cosmetics*.

Today, we'll explore how cosmetic products can be designed, used, and reimagined in a more sustainable way - with minimal waste and packaging.

This session will be interactive, so I encourage you to take part in the activities throughout."



(You can prepare Mentimeter presentation, which allows you to collect participants opinion and responses.)



Slide 2 – Instructions / QR Code

"Before we begin, please take your phone or laptop and scan the QR code on the screen.

This will take you to our Mentimeter page, where you'll be able to vote, answer questions, and share your thoughts during the workshop.

Don't worry - all responses are anonymous. The goal is simply to collect everyone's ideas and start a good discussion."

(pause to allow everyone to connect)

Slide 3 – What does zero-waste mean to you?

"To start off, let's see what zero-waste means to you personally.

Type in the first few words that come to mind.

As you do, your answers will appear in the word cloud on the screen — the more often a word appears, the bigger it gets."

(after responses appear)

"Great! I see words like no packaging, recycling, sustainability, less waste - these are exactly the core ideas behind zero-waste thinking. Let's build on these together."

SUGGESTED WORKSHOP TEMPLATE

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 Mentimeter

ZERO-WASTE

Zero-waste is a philosophy and a set of principles aimed at reducing waste generation and promoting sustainable resource use. The goal is to create a circular economy where products are designed, used, and reused in a way that eliminates the concept of waste.

PRESENTATION SCRIPT

Slide 4 – Definition of Zero-Waste

“So, what exactly is zero-waste?

It's not just a trend, but a philosophy - a set of principles aimed at reducing waste generation and promoting the sustainable use of resources.

The goal is to create a circular economy, where products are designed, used, and reused in a way that eliminates the very concept of waste.

It's about changing how we think - from disposable to reusable, from linear to circular."

Slide 5 – Key Principles of Zero-Waste

“The zero-waste approach is built on a few key principles:

Reduce consumption: Buy less and avoid unnecessary single-use products.

Reuse: Extend the life of products through repairing, reusing, or sharing.

Recycle: Ensure proper recycling of materials to keep them in the production loop.

Compost: Return organic waste to the earth through composting or digestion.

Redesign: Encourage the design of durable, repairable, and recyclable products and systems.

We'll see how these ideas apply to cosmetics in just a moment."

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Arrange by the quantities that are present in the typical liquified shampoo?

Water

Surfactant

Glycerol

Alcohol

Aromas

Slide 6 – Which ingredient is most common in shampoos?

“Let’s make things more concrete - let’s talk about shampoos!

about shampoos. Here's a quick quiz: *Which component do you think is most present in shampoo?*

Is it distilled water, glycerol, surfactant, alcohol, or fragrance?

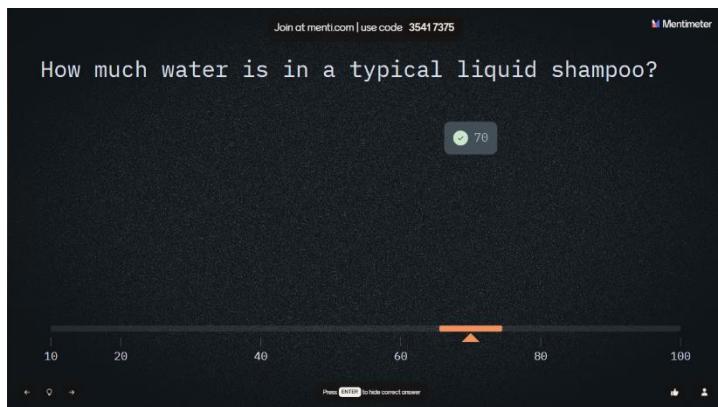
Make your selection on your device.”

(pause for voting)

"I can see that most of you chose distilled water - and that's absolutely correct!

Let's take a closer look at why that matters.”

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PRESENTATION SCRIPT

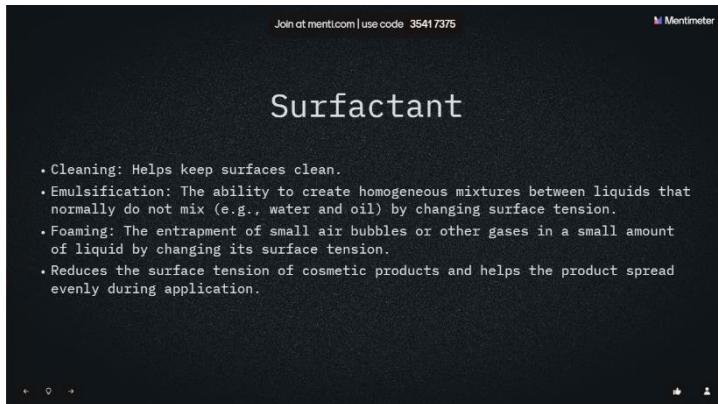
Slide 7 – How much water is in a regular shampoo?

“Next question — how much water do you think a typical liquid shampoo contains? Enter your guess as a percentage.”

(pause for results)

“The correct answer is around **70%** - more than half of a regular shampoo bottle is simply water!

That means more plastic packaging, heavier transport, and more energy used in production. This is one of the main reasons why zero-waste cosmetics promote *solid, concentrated* forms - they eliminate unnecessary water from the formulation.”

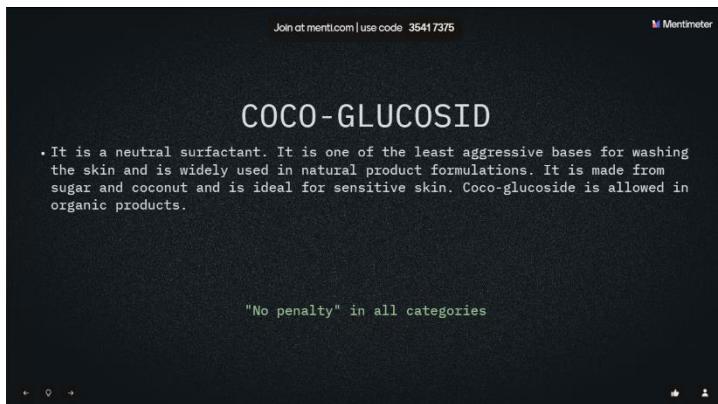


Slide 8 – Surfactant

“Now, let’s look at one of the key ingredients: the **surfactant**.

Surfactants are surface-active agents that make cleaning possible.

They help mix water and oil, create foam, and remove dirt and grease. Without surfactants, shampoo wouldn’t lather or cleanse properly - but some of them can be quite harsh on the skin and the environment. So, choosing the right one is crucial.”



Slide 9 – Coco-Glucoside

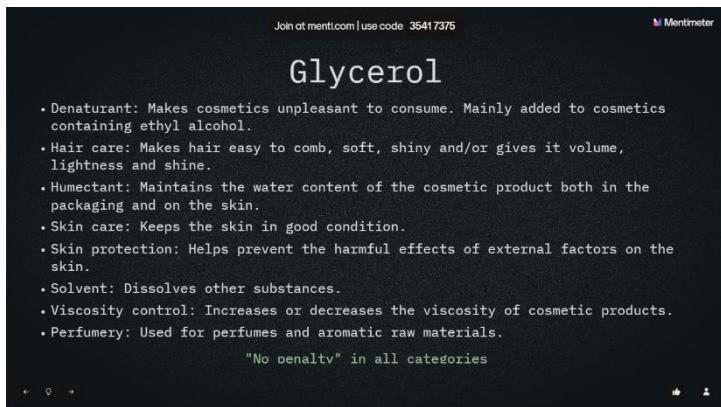
“One of the gentlest surfactants is Coco-Glucoside.

It’s a natural, plant-based surfactant made from sugar and coconut.

It’s very mild, making it ideal for sensitive skin, and it’s also approved for use in certified organic cosmetics.

So, when you’re reading ingredient labels, this is one of the names you want to look for!”

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Glycerol

- Denaturant: Makes cosmetics unpleasant to consume. Mainly added to cosmetics containing ethyl alcohol.
- Hair care: Makes hair easy to comb, soft, shiny and/or gives it volume, lightness and shine.
- Humectant: Maintains the water content of the cosmetic product both in the packaging and on the skin.
- Skin care: Keeps the skin in good condition.
- Skin protection: Helps prevent the harmful effects of external factors on the skin.
- Solvent: Dissolves other substances.
- Viscosity control: Increases or decreases the viscosity of cosmetic products.
- Perfumery: Used for perfumes and aromatic raw materials.

"No penalty" in all categories

PRESENTATION SCRIPT

Slide 10 – Glycerol

“Another common ingredient is Glycerol, or glycerin.

It serves several purposes - it acts as a humectant that retains moisture in both the skin and the product, helps protect the skin from environmental stress, and makes hair soft, shiny, and easy to comb.

It also helps maintain the right consistency of the cosmetic product.

In zero-waste cosmetics, we prefer using plant-based glycerine rather than synthetic versions.”

End of Part 1

“So, that wraps up the first part of our workshop.

Invitation for participants to participate in survey about zero-waste cosmetics (example of the survey – share our link)

You now understand the key principles of zero-waste and how they relate to cosmetic formulations.

In the next section, we'll move into practice - creating simple, sustainable cosmetic products and seeing how small changes in formulation can make a big environmental difference.”



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Survey about zero-waste cosmetics

PART 2

Workshop PPT:

https://www.youtube.com/watch?v=aXZG7XpCrs0&list=PLJA9dy7l38YSNxTeNaPqM_KCJ5GoAzZwn&index=3

PART 3

Product assessment:

<https://forms.gle/Qpb5ApegJz7BftUG9>

PART 4

Workshop reporting survey:

<https://forms.gle/uLJCoGp5C2Zc1tbG6>