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wellness  
series!

**Well**  
**STAY AT HOME**

Every other  
Wednesday,  
starting April 8  
at noon ET

with  
the**well**project

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### Chat Log (Abridged)

- 00:17:36 **Gina Brown:** Hello good people!
- 00:24:26 **Olivia Ford:** Greetings everyone! <3
- 00:24:49 **Jenna Conley:** hey all! welcome!!
- 00:25:02 **JoDha:** Holaaaa....whatta surprise!!!! That was a cut above the rest of all the sessions we have attended
- 00:26:47 **Bose Olotu:** Greetings to you all this Bose from Nigeria. great to join you all again this week and looking forward to learning more about skin care. Thank you the Well Project
- 00:27:20 **Gina Brown:** Greetings!!!
- 00:27:40 **Angelena Cortello [presenter's mom]:** Enjoying watching my beautiful daughter
- 00:29:30 **Brenda Chambers:** hi from Hebo, Oregon, covered in ash from fires
- 00:29:57 **Angelena Cortello [presenter's mom]:** Greetings from South Florida!
- 00:30:39 **The Well Project [Krista Martel]:** Hello everyone!! Great to see you all here today!
- 00:30:42 **Gina Brown:** Stay safe, Brenda!
- 00:31:34 **The Well Project [Krista Martel]:** Wow, Brenda---it looks so crazy over there. Please stay safe!!
- 00:32:12 **Olivia Ford:** *Angelena: Coming to you from New Orleans / the Dirty South! We'll be making body butter and beauty masks (not Mardi Gras masks lol)*
- 00:32:51 **Olivia Ford:** *Angelena: Get a half-cup each of cocoa butter and shea butter (or full cup of cocoa butter); half-cup coconut oil; half-cup light olive oil*
- 00:33:36 **Olivia Ford:** *Angelena: We'll put it on the stove for a tiny bit (smells really good!)*

00:34:24 **JoDha:** To heat all the ingredients? whoaaa....first time am hearing it

00:35:02 **Olivia Ford:** Yes, we'll be heating for just a short time - just to melt it – 5 mins tops

00:35:30 **JoDha:** Noted ...

00:35:52 **The Well Project [Krista Martel]:** Do we just want to heat until it melts--not boiling, right?

00:36:04 **Olivia Ford:** *Angelena: Put it on medium heat - we'll whisk it soon - yes, just to melt!*

00:36:25 **The Well Project [Krista Martel]:** Hi Mel!

00:36:46 **The Well Project [Krista Martel]:** Hi Alecia!

00:36:49 **Alecia Tramel:** Hello everyone

00:36:55 **Olivia Ford:** Probably brings all the ingredients together - I do mixes of cocoa, shea, coconut oil, olive, etc without heating and they're always lumpy - this is great!

00:37:49 **Olivia Ford:** So yes, that was really just about a minute and a half on the stove, whisking, on medium heat

00:38:49 **Olivia Ford:** *Angelena: Now we'll refrigerate - this isn't a ton, just a small batch, could be a gift or you could use it 2 or 3 times - you can double or triple the recipe - or more! - if you want more*

00:39:31 **Olivia Ford:** To recap ingredients for those of us just joining:

00:40:42 **Ciarra Covin:** hahahaha she is so funny!

00:40:44 **Juliana Johnson:** Love it!

00:41:29 **Olivia Ford:** 1/2 cup each shea and cocoa butter (or full cup cocoa); 1/2 cup coconut oil, 1/2 cup light olive oil; mix it, put it on medium heat on stove for about a minute or so, whisk it, put it in a bowl and put in fridge

00:41:47 **The Well Project [Krista Martel]:** You are doing such a great job!

00:41:53 **Olivia Ford:** *We will take out of fridge near the end! This butter is great for legs!*

00:42:43 **Olivia Ford:** *3/4 cups sugar; 1/4 cup coconut oil for the hand scrub*

00:43:13 **Olivia Ford:** *Angelena: You can kind of eyeball this once you've done it a few times, not do exact measurements*

00:43:15 **JoDha:** Sugar as in.....granulated?

00:43:22 **Olivia Ford:** *1 teaspoon or so of lemon juice*

00:43:29 **Angelena Cortello [presenter's mom]:** You're making this so much fun - mom's going to try this herself !

00:43:34 **Olivia Ford:** *Angelena: You can use essential oils too if you like*

00:43:47 **Olivia Ford:** *Just a drop or so*

00:44:10 **Olivia Ford:** Yes, granulated sugar!

00:44:13 **Angelena Cortello [presenter's mom]:** Sugar is a great exfoliant

00:44:26 **The Well Project [Krista Martel]:** Hi Angelena's mom!

00:44:42 **Olivia Ford:** Awwww, just realized the other Angelena is your mom!! Hi!

00:44:52 **The Well Project [Krista Martel]:** My mom is also here! Angelena is doing an awesome job!

00:44:53 **Angelena Cortello [presenter's mom]:** Hi The Well Project ! It's a pleasure and honor to join you.

00:45:47 **The Well Project [Krista Martel]:** Welcome! So glad to have you here!

00:46:03 **Olivia Ford:** *Angelena: this scrub could be a great gift! You can get mason jars at Walmart, Target, Big Lots, craft stores - as good or better than those hand scrubs you get at the store - natural and affordable! Decorate that jar and it's a sweet gift*

00:46:21 **Angelena Cortello [presenter's mom]:** Extremely proud of my daughter

00:47:02 **Olivia Ford:** *Angelena got a set of those little mason jars at Big Lots for just a couple bucks - get 'em at Walmart to save your pennies for other things lol!*

00:47:22 **The Well Project [Krista Martel]:** You should be proud!

00:47:45 **Olivia Ford:** *Angelena: Last but not least: face mask!*

00:48:02 **Bose Olotu:** Angelina, can I use the body butter like my day to day body cream?

00:48:11 **Olivia Ford:** *We need 1 banana, 1 tbsp. honey, plain yogurt*

00:49:12 **Olivia Ford:** *Not like a heavy, thick mask - liquidy but does stick!*

00:50:08 **Bose Olotu:** thank you Angelina,

00:51:22 **Olivia Ford:** *Angelena: Mash the banana well with a fork*

00:51:56 **The Well Project [Krista Martel]:** *Angelena: Face mask is good for acne, scars, and blemishes*

00:52:21 **Olivia Ford:** *Angelena: Banana yogurt mask isn't too greasy but also won't make you too dry - can use for a breakout, or discoloration after sun*

00:52:26 **JoDha:** Sorry, I guess I missed....The ingredients that was refrigerated, how long is the duration of chilling it?

00:53:03 **Olivia Ford:** @Jo: The body butter is still in the fridge! We will take it out near the end, she says

00:53:21 **The Well Project [Krista Martel]:** I think she said 45 minutes to chill the body butter

00:53:21 **JoDha:** aaaaah gotcha....

00:53:35 **Olivia Ford:** So it'd be chilled for @ 30 minutes or so - and Angelena mentioned you can also store it in the fridge and put jar in warm water to soften when you want to use <3

00:53:58 **Bose Olotu:** She is so.... funny 😊 you are a great teacher Angelina.

00:54:09 **The Well Project [Krista Martel]:** Hi Aryah!! We'll recap what you've missed in a few! This is the face mask with banana (1), tsp of honey, and plain yogurt.

00:54:38 **Aryah Lester:** Awesome!

00:54:49 **Olivia Ford:** *Angelena: Now adding our 1 tbsp. plain yogurt to the mashed banana*

00:55:22 **Olivia Ford:** *Ooooooh, also adding 1 tbsp. of lemon juice*

00:55:37 **Angelena Cortello [presenter's mom]:** Didn't know you were so talented at these homemade spa treatments - I am certainly expecting you to give me an at-home spa day during your next visit.

00:56:24 **Mel Rattue:** want to eat this!

00:56:37 **Olivia Ford:** I know, this is like my exact breakfast lol!

00:56:46 **Della Heitzman:** Angelena, you are delightful! I eat a banana each day and now can help my skin at night. Perfect! Can't wait to try....Thanks!

00:56:56 **Angelena Cortello [presenter's mom]:** I was thinking the same thing Mel - if there's any left over just put it on some oatmeal !!!

00:57:12 **Olivia Ford:** Oooo yum - YES!

00:57:41 **Bose Olotu:** Can I blend them with a blender?

00:58:02 **Olivia Ford:** *Angelena's mixing all the ingredients together really well - it's sort of translucent, not thick or heavy - has almost a clear look when you put it on - keep it on for 10 mins*

00:58:30 **The Well Project [Krista Martel]:** Recap of Hand scrub: 3/4 cup granulated sugar, 1/4 cup coconut oil, and tablespoon or so of lemon juice - can also add essential oil too if you like another scent!

00:58:40 **JoDha:** please share me the joooooooko :D

00:59:41 **Olivia Ford:** Haha Jo! Angelena was just saying she once stepped outside forgetting she didn't rinse off her face mask and scared everybody :-D

01:00:10 **Angelena Cortello [presenter's mom]:** Guess I know what I'm getting for Christmas this year !

01:00:16 **Olivia Ford:** Angelena does crack side jokes! I will make sure to include more here! <3

01:00:25 **Olivia Ford:** *Any questions?*

01:00:28 **Brenda Chambers:** we're having to evacuate, love you all

01:00:48 **Olivia Ford:** Oh my gosh, Brenda! :( Stay safe, love <3

01:00:53 **The Well Project [Krista Martel]:** Oh, I'm sorry Brenda--please stay safe. We are all sending our love

01:00:53 **Aryah Lester:** manifesting safety for you!

01:01:02 **Jenna Conley:** oh Brenda!! take care!

01:01:24 **Olivia Ford:** *Angelena: Besides face masks we're used to Mardi Gras masks down here - can't leave New Orleans without one - and beads beads beads*

01:01:37 **Aryah Lester:** I still haven't been

01:02:09 **Olivia Ford:** *Angelena: Mardi Gras is one big party with floats! So much fun if you've never been* (Editor's note: I agree!!! <3 )

01:03:27 **Olivia Ford:** *Angelena: We're about to check on the body butter - you can check while it's chilling to see if it's somewhat hardened - doesn't have to be completely solid - we're going to be whipping it into something more fluffy with the mixer soon*

01:04:23 **The Well Project [Krista Martel]:** Recap body butter (what is in the fridge): 1/2 cup each shea butter and cocoa butter (or full cup cocoa); 1/2 cup coconut oil; 1/4 cup light olive oil - mix it with a whisk and then heat on medium just until blended and warm (not boiling). stick it in a bowl and refrigerate for about 30-45 minutes

01:04:25 **Olivia Ford:** *Angelena: Can also put butter in the freezer if you need it to harden more quickly*

01:05:06 **Olivia Ford:** *Angelena: Every time we do something good for ourselves, it's a form of self-love and builds our self-esteem and self-worth*

01:05:21 **Aryah Lester:** Also makes you be more conscious about your body and health

01:05:50 **Aryah Lester:** I feel attacked LOL

01:05:51 **The Well Project [Krista Martel]:** It also saves money! And great for gifts!

01:06:05 **Olivia Ford:** LOL @ Aryah - no judgement!

01:06:16 **The Well Project [Krista Martel]:** Aryah! <3 :)

01:06:29 **Aryah Lester:** I just got an Amazon email about my order

01:07:21 **Olivia Ford:** *Angelena: especially now with us all home so much more than we might be used to - instead of going to Amazon and ordering or braving a store to shop, make stuff yourself at home!*

01:08:13 **Olivia Ford:** *Angelena: There's always stuff we can do to be in a better place - she's done online courses, a "water challenge" to drink more water*

01:08:56 **Olivia Ford:** *Aryah: I order so many skin care products! Good to think about what we can make at home, which can also help us be more conscious and aware of our bodies and treating ourselves well!*

01:09:31 **Juliana Johnson:** <3

01:09:41 **The Well Project [Krista Martel]:** Bose has her hand raised!

01:10:10 **Olivia Ford:** *Angelena: instead of staying in the bed all day worrying (no judgement! I'm talking about it because I've done it!), that's a good time to get up and do or make something for me - any day I do that, I've got the victory of that day <3*

01:10:58 **JoDha:** Love it.....that's a strong affirmation, Olivia

01:10:58 **Juliana Johnson:** lolllll

01:11:25 **Aryah Lester:** That was me this past weekend!

01:11:26 **The Well Project [Krista Martel]:** Why is that cat happier than MEEEE?

01:11:35 **JoDha:** :D

01:11:38 **Olivia Ford:** *Angelena: What is your plan for when you have a bad day? For whatever reason - that time of the month, cramping, or just generally emotional and negative - a friend has asked, What positive things will you plan to do on days like that?*

01:11:48 **Karen G:** Our mental health is as important as our physical health. Both need to be looked after.

01:12:30 **JoDha:** Are these beautiful necklaces the part of Mardi Gras look?

01:13:14 **Olivia Ford:** Bose, do you still have a question? Your hand was raised but I don't see it raised anymore <3

01:13:32 **JoDha:** <3 <3

01:14:26 **Karen G:** To all the wonderful women out there: The most important relationship in your life is with yourself.

01:14:35 **Olivia Ford:** *Bose: Want to share this with my support group! Bose makes coconut oil herself - but not sure if there's cocoa butter locally where she is - and is this body butter OK for kids?*

01:14:43 **Aryah Lester:** I haven't heard of any negative interactions with children

01:15:46 **JoDha:** BOSE, I will need to connect with you in regards to making home ingredients

01:16:17 **Aryah Lester:** Yes you would have to add sunscreen for being outside

01:16:38 **The Well Project [Krista Martel]:** Bose, do you want to share how you make coconut oil?

01:16:39 **Bose Olotu:** thank Jo... that we'll be great I will look forward to that.

01:16:51 **Olivia Ford:** *Jenna: One thing to check in terms of using on kids is whether cocoa butter has caffeine - may have read that somewhere, worth checking!*

01:16:54 **Aryah Lester:** Google says no caffeine

01:16:54 **Bose Olotu:** yes

01:17:56 **Jenna Conley:** Ha!

01:18:09 **Olivia Ford:** *Bose buys a coconut in the market, break the shell, dice into chunks, blend to a paste ... then put on stove and steam out ... (I missed a step!)*

01:18:43 **Olivia Ford:** *Bose: It's a cold-pressing process, don't have to put on heat - she buys tons of coconuts and sells the oil too*

01:18:55 **JoDha:** Whoaaaaa, I like that easy peasy steps of oil making

01:19:02 **Aryah Lester:** *You then sieve it, place in transparent container, and let the oil rise to the top and solidify so you can scoop it out.*

01:19:20 **Olivia Ford:** *Bose: a bag of coconuts is a keg of coconut oil to sell - they're very expensive!*

01:19:21 **JoDha:** and I love the home made face care from Angel Marie

01:19:34 **Mel Rattue:** I used cocoa butter on my children, but as my daughter grew older she started to have a reaction to all sorts, she has her own routine now, but I still use it. I think for the caffeine depends on brand, the one I have has nothing.

01:21:18 **Olivia Ford:** *Blend the coconut with filtered water, blend into boiling water, then sieve it once it's cooled to warm - pour sieved liquid into transparent bowl - next day oil floats on water!*

01:21:32 **Olivia Ford:** (repeating what Aryah put! Team effort! :-D )

01:22:06 **Olivia Ford:** *Angelena: Time to blend that body butter from the fridge! She's got her electric hand mixer*

01:22:57 **Olivia Ford:** *Angelena has purple, gold and green jars - Mardi Gras colors!!*

01:23:13 **JoDha:** \*starry eyed\*

01:23:31 **Olivia Ford:** This was awesome!!

01:23:40 **Della Heitzman:** Can't wait to try these! You were terrific and thank you!

01:23:52 **Karen G:** Thank you

01:23:59 **JoDha:** Thank youuuu

01:24:03 **Bose Olotu:** Thank you so much

01:24:28 **Mel Rattue:** Bye xx

01:24:39

**Olivia Ford:** Thank you so much, everyone!!! :-D