



10 Minutes For The Planet

Green-up with some DIY - Part 4©

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Retrouvez la traduction de certains mots à droite du texte

Les syllabes accentuées sont en gras et soulignées*

Hello everyone and welcome to this week's **episode** of 10 Minutes for the Planet. This is the fourth and last episode of our **D-I-Y series** of everyday solutions to **green-up** your **lifestyle**. Our topic today is **plant oils**.

I use plant oils – or **vegetable** oils – on a daily basis and for a **wide variety** of uses, mainly in the kitchen and bathroom. There are **literally** dozens and dozens of **different** plant oils, some are better known than others, such as **olive** oil, **coconut** oil or **rapeseed** oil – but have you heard about **borage** oil, **evening primrose** or **hemp** seed oil? Did you know that **calendula** oil is the best after-sun **product** there is? And that **castor oil** is the best **remedy** for **damaged** nails? Our **grandparents** certainly did, but modern generations know little about these oils and their rich **properties**. Maybe it's also because they're so **inexpensive**, long-lasting and **multi-purpose**, that they are not very **interesting** for the modern **hygiene industry**.

Plant oils are very good for us as they are **extremely** rich in **amino** acids and **vitamins**. The variety of their chemical compositions gives them different properties, textures, colours and smells, to **suit** all tastes. For **oily** skin, **hydrating** oils such as **jojoba**, **hazelnut** or **apricot kernel** oil are all **recommended**. Dry skins love richer oils, such as **borage**, rose, argan or evening primrose oil. **Macadamia**, coconut or **avocado** oils work well for everyone and all of these oils can be **mixed and matched** very easily between themselves, as well as with **essential** oils, for an easy homemade product. **Unlike** our modern beauty products, they do not **contain** water and therefore do not need **preservatives**, as long as they are kept in a cold and dark **environment**. They are also

D-I-Y (abr.) bricolage, fait maison

to green up (vb.) rendre qch plus respectueux de l'environnement

plant oil (n.) huile végétale

wide (adj.) large, grand

rapeseed (n.) colza

borage (n.) bourrache

evening primrose (n.) onagre

hemp (n.) chanvre

calendula (n.) souci officinal

castor oil (n.) huile de ricin

damaged (adj.) abîmé

multi-purpose (adj.) multi-usage

to suit (vb.) convenir à

oily (adj.) gras(se)

hazelnut (n.) noisette

kernel (n.) noyau

to mix and match (exp.) mélanger et assortir

unlike (prep.) contrairement à

preservative (n.) conservateur

so rich that there is no need to add **chemicals**, they can last for years, are **biodegradable**, and do not **pollute** our air or waters. Their cultivation also has a **considerably** lower **carbon footprint** than all of the **industrial** products we use today. For the modern hygiene and cosmetic industry, they're simply not **lucrative** enough.

If you're still looking for more **reasons** to **make a switch**, just remember that **raw**, high-**quality** plant oils are much cheaper, more **efficient**, and because they are multi-purpose, they help to save space and produce less **waste**.

Now is the fun part! Different plant oils are more **adapted** to different people and tastes, so **look** them **up**, and try different ones before you **pick** your **favourites**. My own "**go-to**" plant oil is coconut oil. In the past few years, it has **replaced** the vast **majority** of my hygiene products: I use it mostly **plain**; sometimes adding a few **drops** of essential oils, for **lip balm**, face wash, **moisturiser**, hair mask, mouthwash, **make-up remover** and **deodorant**. It works to **get rid of** dryness on any part of your body and also **relieves** burns, as well as cuts and **bites** of any sort. As a **complement** to coconut oil, I sometimes use sweet **almond** oil for massages and skin care, and evening primrose oil to treat **eczema**, and also as a food **supplement**. All three oils are **edible** too!

It's usually quite easy to pick oils that you'll be able to use for a variety of needs. You can find plenty of extra information in **recipes** online or in books, on which oil would best suit your own specific needs – plus you'll be saving money, space and waste!

Bye everyone, happy greening, and see you next week for a new episode of 10 Minutes for the Planet.

chemicals (n.) produits chimiques

carbon footprint (n.) empreinte carbone

to make a switch (exp.) passer de qch à autre chose

raw (adj.) brut

waste (n.) déchets

to look sth up (vb.) s'informer, se renseigner sur qch

to pick (vb.) choisir

go-to (exp.) incontournable, précieux

plain (adj.) pur, nature

drop (n.) goutte

lip balm (n.) baume à lèvres

moisturiser (n.) soin ou crème hydratant(e)

make-up remover (n.) démaquillant

to get rid of (got-got) (exp.) se débarrasser de

to relieve (vb.) soulager

bite (n.) piqûre

edible (adj.) comestible

recipe (n.) recette

***Aide à la prononciation :** Savoir quelle est la syllabe accentuée dans un mot peut aider à comprendre le mot à l'oral. Prenons comme exemple les mots "industry" et "industrial". Comptons d'abord le nombre de syllabes dans chaque mot: "in.dus.try" a 3 syllabes, "in.dus.tri.al" a 4 syllabes. La syllabe accentuée dans un mot est celle que l'on entend le mieux, celle sur laquelle le locuteur fait porter l'accentuation. Ainsi, par exemple, on dit: **industry** et **industrial**.