

Love the Skin You're In Workshops.

DEODORANT

4 tablespoons almond oil
1 tablespoon beeswax
1 teaspoon lavender oil
1 teaspoon rosemary oil
1 teaspoon lemongrass oil

Heat the oil and wax until the wax is melted. Take off the heat. Add other ingredients. Store in a wide-mouthed jar. Wipe on a tiny bit each morning, the lightest smear possible. The quantity given in this recipe should last you at least a year.

Shea Luxury Lips

Shelf life: 12 months
Skin type: suitable for all

Ingredients

10g / ¾ oz fair-trade shea butter

Optional

2 drops (per pot) essential oil of geranium

How to make

- Roughly chop the shea butter and melt in the double boiler.
- Once molten pour into lip-balm pots
- Add the essential oil directly to the molten pot of balm.
- Stir to blend with a cocktail stick.
- Leave to cool.

How to use

Apply to the lips whenever needed.

CONCENTRATED LAUNDRY POWER

4 cups grated laundry or homemade soap or soap flakes
2 cups borax (leave out if greywater going onto garden)
2 cups washing soda

Mix all the ingredients thoroughly and store in a plastic container with a lid. Use 2 tablespoons per wash. Again, this powder will not make suds and again, this is perfectly okay.

LAUNDRY LIQUID – suitable for top loader and front loaders

You may add any essential oil of your choice to these homemade cleaners. Oils like tea tree, eucalyptus, lavender or rose are ideal but are not an essential ingredient. They are not necessary to the recipe but do not detract from the effectiveness by adding them. Use essential oil and not a fragrant oil.

Ingredients

1 ½ litres water
1 bar sunlight or generic laundry soap or any similar pure laundry soap, grated on a cheese grater or 1 cup lux flakes.
½ cup washing soda – NOT baking or bi-carb soda
½ cup borax

Saucepan

10 litre bucket

Slotted spoon or wooden spoon for mixing

Into a medium sized saucepan add 1 ½ litres of water and soap. Over a medium heat, stir this until it is completely dissolved. Make sure the soap dissolves properly or the mixture will separate when cold.

Add the washing soda and borax. Stir until thickened and remove from heat.

Pour this mixture into your 9-10litre bucket then fill the bucket with hot water from the tap. Stir to combine all the ingredients. The laundry liquid will thicken up more as it cools. When cool, store in a plastic container. I use one of those 10litre flat box containers with a lid. Use ¼ cup of mixture per load or monitor to see what works well for you. I keep a ¼ cup measuring scoop in the box to measure the mixture in the washing machine.

This detergent will not make suds when you wash as it does not contain the chemicals that supermarket detergents add to make suds. You don't need suds to wash your clothes or for the detergent to be effective. The agitation of the washing machine does most of the washing. Additives loosen the dirt and grease.

If you use the greywater from your laundry on your garden leave out the borax