



DIY Foaming Hand Soap

BY HELGA DALLA

You will need:

3/4 cup castile soap

3/4 cup distilled water

1 tbsp vitamin E oil

1 tbsp sweet almond or Jojoba oil

10-15 drops tea tree essential oil

5-10 drops lavender essential oil

1 tbsp glycerin

Tools:

500-600ml glass jar

Foaming soap pump top

Method:

In the glass jar, add the water first (to prevent bubbles) then the liquid castile soap, followed by the oils.

Top your mason jar with a rust proof foaming soap pump or you can get a whole kit (which is sometimes less expensive!).

Shake the jar to combine the ingredients then replace the lid and keep by the sink.

Shake the soap dispenser before each use, and then pump a small amount into your hands as needed for cleansing.

The foaming pump dispenser makes your hand soap last longer.

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DIY Deodorant

BY HELGA DALLA



You will need:

- 1/3 cup coconut oil
- 1/4 cup baking soda
- 1/4 cup arrowroot starch
- 6 to 10 drops of essential oils, if desired

Method:

Mix baking soda and arrowroot.
Mash in coconut oil until blended. Add essential oils, if desired.
Place the mixture in an empty glass jar.
To use, just warm a small amount between your fingers until it turns into liquid. Apply to your pits.



When making your own natural deodorant, feel free to experiment with different bases, powders, and oils. Shea butter, cocoa butter and coconut oil work well as bases, but you don't have to have one if you prefer an all-powder formula. Just combine equal parts baking soda and arrowroot and then add your preferred oils and shake to mix.

Store in an empty spice jar with a shaker top.



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DIY Insect Repellents

BY HELGA DALLA



You will need:

2 Tbs. oil of choice (avocado oil, grapeseed oil, coconut oil, sweet almond oil, neem oil)

20 drops of essential oils (either a combination below or single favorite)

Small container such as an old lotion bottle or glass jar

Method:

Add the carrier oil to your jar, and then mix in the essential oils. Shake before you rub this nourishing oil mixture onto your skin!

Here are some combinations that work well and smell fantastic:

Fireside Campout: 4 drops cinnamon, 6 drops cedar, and 10 drops rosemary

Sunny Meadow: 3 drops eucalyptus, 5 drops mint (peppermint recommended),
12 drops lemon

70's Chic: 6 drops cedar, 4 drops patchouli, 10 drops lavender

New Spring Blooms: 2 drops patchouli, 8 drops geranium, 5 drops rosemary, 5 drops lavender.



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