



DIY daily use products

Content

Toothpaste	2
fresh Toothpaste	2
A healthy tooth cleansing recipe with no salt or soda.....	2
Washing „Powder“.....	3
Chestnut flour.....	3
Shower gel.....	3
Natural chestnut shower gel Recipe.....	3
SHAMPOO.....	4
Use Ash to wash your hair.....	4
NoPOO Method.....	4
Natural chestnut Shampoo.....	4
DEO.....	5
Spray-On Deodorant.....	5
Ingredients:.....	5
Lotion.....	5
Basic Lotion Recipe.....	5
Marigold/Calendula salve:.....	5
Tutorials.....	6



Toothpaste

fresh Toothpaste

Ingredients:

- 300g of bentonite clay/ lava clay/
- 100g of mineral water
- 50g of oil
- 1-2 table spoons of natron/baking soda
- 1/4-1/2 tsp liquid pure stevia, depending on taste, I use 1/2 tsp
- perhaps: herbs,condiments or 5-7 drops peppermint essential oil, the amount will depend on taste preference

Instructions:

In a medium bowl, combine the water,natron, herbs/condiments and stevia mix it well. Let it rest for half an hour and strain it afterwards. Put it back to the mixer and add in the remaining ingredients and mix till its ready. Store in a jar or for squeezable toothpaste.

A healthy tooth cleansing recipe with no salt or soda

Ingredients:

- 3 tbs sage powder.
- 6 tbs anise powder.
- 3 tbs eggshell powder.
- 3 tsp *softwood ash.
- 2 tsp cinnamon powder.

Instructions:

Turn all ingredients to powder in electric blender or in mortar and pestle and filter through a tulle, so that only the fine powder is collected.

Mix all ingredients together thoroughly and add in small bottle with dropper. You add as much powder as you wish on your toothbrush, by pressing the bottle.



Washing „Powder“

Chestnut flour

Ingredients:

- horse chestnuts (*Aesculus hippocastanum*)
- thats it;-)

Instructions:

With 1 kg horse chestnuts you will be able to wash your laundry for about one year.

Take the chestnuts and cut them into pieces. Put them into an ice crusher or a mixer that's strong enough and grind them. Put the pieces on a sheet and dry it in the sun or put it in the oven and dry it with 40-100°C for about 3-4 hours (move it and check till it's completely dry). Fill it into a jar.

USE:

For washing your clothes you take about 3 spoons of the flour and put it into a jar. Fill it with water and shake well. STRAIN the liquid and fill it in the washing machine (about 1 liter)

You can mix the „flour“ with about 3-5 liters of water and it will still work.

You can find the description online here:

[https://www.facebook.com/media/set/?](https://www.facebook.com/media/set/?set=a.847377081968831.1073741844.535051573201385&type=1)

[set=a.847377081968831.1073741844.535051573201385&type=1](https://www.facebook.com/media/set/?set=a.847377081968831.1073741844.535051573201385&type=1)

Shower gel

Natural chestnut shower gel Recipe

Ingredients:

- 2000g of chestnut flour
- 3-5 apples/ mandarins/ oranges
- 1-2 organic lemons/oranges
- 2000ml of water
- 50g oil
- 2 tablespoons of apple pectin



instructions:

put the chestnut flower into a jar with 1/3 of the water and mix it well.

Strain it and put it into a pot. Repeat 3 times.

Shred the apples and cut the seeds into little pieces.

Rasp the lemon peel and squeeze the lemon in order to get the juice cut the seeds into little pieces

Add the pectin, oil, juice, seeds, and shredded apples into the „soap water“ and mix it well.

Heat it up and let it cook softly for 15 minutes (put the lid on)

strain it really good and put it into the jars, bottles,

shake well before using.

SHAMPOO

Use Ash to wash your hair

You can wash your hair with lye soap and rinse with vinegar. This is especially good for oily hair.

Make lye water out of ash: You can boil 2-3 spoons of ash (clean white/grey fluffy ash) with water and then filter it with a coffee filter. Lye water is a great cleaning agent and sanitizer for clothes, floors, windows, silverware, plates, and even rust in marble.

NoPOO Method

wash your hair only with water

<http://www.nopoomethod.com/>

or make your own

Natural chestnut Shampoo

Use the recipe from above (chestnut shower gel) without using the OIL



DEO

Spray-On Deodorant

Ingredients:

- 2000g of mineral water
- 200g of natron/baking soda
- 10 drops of Essential Oil
- perhaps 1-3 teaspoons of lemon rasp

Instructions:

Mix all ingredients strain them and fill it into small spray bottle. Shake well before each use.

You can use it for: mouthwater, facewater, deo

Lotion

Basic Lotion Recipe

- 500g of oil
- 50g of beeswax
- 30-50g of herbs,fruits, vegetables,...

Instructions:

Heat the oil in a pot, cut the herbs,fruits...and add it to the oil.

Cook it once and reduce the heat and let it simmer for about half an hour. Switch off the stove and let it rest for another half hour. Filter the oil and put it back to the pot. Add the wax and wait till its melted. Mix it if needed and fill it into the jars where its cooling down.

Marigold/Calendula salve:

Ingredients:

- 2 Cups Calendula Petals (*not the entire flower "heads"*)
- 1 Cup sunflower oil
- 1/4 Cup Beeswax Pastilles/Pellets
- 10 Drops of Essential Oil

Instructions:



Dry the petals. Then, infuse them in oil in a water bath for 45 min. Melt wax and strain it, if necessary (the wax must be clean of impurities). Mix 5 tbsp of oil, 2 of wax and 1 of lavender or any other powerful flower's extract, and mix it very well, in order to create a uniform cream. Then leave it to rest in a recipient.

Recipe to do the lavender extract: - Pour 2 cups of 100 proof vodka into the jar of flowers.

- Cut 100 flower heads and put into a sterile jar. - Twist the lid on, shake, and place out of direct sunlight. Shake once a day during 8 days.

As you can see, I recomend to increment the proportion of oil, because the other day the cream was a bit hard, but it depends how you like it. While mixing it, you can see the consistence and correct the proportion as you like. But I think with 5 tbsp of oil instead of 4, will work!

Tutorials

- <http://www.motherearthnews.com/natural-health/homemade-soapszmaz98jjzhow.aspx#ixzz3AwHGcOzU>
- <http://wellnessmama.com/category/beauty/>
- <http://livesimply.me/category/homemade-2/beauty-homemade-2/>
- ZERO WASTE: <http://www.mindbodygreen.com/0-16168/i-havent-made-any-trash-in-2-years-heres-what-my-life-is-like.html>

GERMAN:

- <http://www.heilkraeuter.de/salben/>
- <http://naturseife-und-kosmetik.de/bodymelts-selber-machen-massagebutter-selber-machen/>
- <http://eigene-naturprodukte.de/natuerliches-wundermittel-gegen-fettige-haare-und-kopfhaut/>
- <http://www.umweltberatung.at/themen-shop-download>