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| ***Ingredients*** |
| 2 cups baking soda |
| 1 cup cream of tartar |
| 6 tablespoons Epsom salt |
| 2 teaspoons coconut or olive oil |
| Essential oils |
| Spray bottle filled with water |
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Homemade Bath Bomb |  |
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| ***Ingredients***  |
| ¼ cup Organic Extra Virgin Coconut Oil |
| ¼ cup Shea Butter |
| ¼ cup Beeswax\* |
| 20 drops Essential Oil |
| Lip Balm Tubes (recipe fills approximately 20 tubes) |
| Pipettes (to fill tubes) - optional |
|  |
| \* vegan alternatives: Soy Wax, Candelilla Wax, Carnauba Wax |

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Homemade Lip Balm |  |
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| ***Ingredients*** |
| Old t-shirt  |
| Sharp scissors |
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T-Shirt Tote Bag |  |

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| ***Directions*** |
| 1. Combine the baking soda, cream of tartar, and Epsom salt in a mixing bowl, mix thoroughly.
 |
| 1. Once the dry ingredients are thoroughly mixed, separate into separate bowls if you want to make multiple scents; otherwise, skip this step.
 |
| 1. Add essential oils of your choosing (15-25 drops) and coconut/olive oil, mix thoroughly.
 |
| 1. Once all the ingredients are combined, test the mixture by squeezing a small amount in your hand. If easily compressed without separating, it is ready to mold. However, if mixture crumbles apart, add a single spray of water at a time until it can be compressed into a ball.
 |
| 1. Mold mixture into balls (either with a tray or by hand).
 |
| 1. Let mixture dry for 48 hours (24 hours in the mold, 24 hours out of mold)
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| ***Directions*** |
| 1. Measure the coconut oil, shea butter, and wax into a glass jar
 |
| 1. Place jar in a pan of hot water filled to halfway up the jar
 |
| 1. Turn heat to medium/low
 |
| 1. Let ingredients melt, stirring occasionally (do not get water in the jar)
 |
| 1. Once melted, add the essential oil and stir
 |
| 1. Fill lip balm tubes (pipettes make the process cleaner and easier, but you may
 |
| choose to fill the tubes in whatever way you deem appropriate) |
| 1. Keep tubes standing until cooled
 |
| 1. Once cooled, place cap on tubes and label (if you so desire)
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| ***Directions*** |
| 1. Cut sleeves off.
 |
| 1. Cut the neckline area (either free hand or trace the outline of a large bowl)
 |
| 1. Determine how deep you want the bag to be and trace a line across (do this on the side of the bag that will be inside)
 |
| 1. Cut fringe from the bottom of the shirt up to the line marking the bottom of the bag. (Cut both the front and back layers together)
 |
| 1. Tie the fringe: take the first pair of fringe and tie it in a knot, then tie two more pairs. Repeat across the entire shirt. (Although the pairs are pulling the bag together, there is a hole between each pair. This next step will close those holes).
 |
| 1. Take one strand from the first pair of tied fringe and one strand from the second pair and knot them together. Repeat across the entire shirt.
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| ***Ingredients*** |
| ¾ cup White Vinegar |
| ¼ cup Water |
| 3-4 drops Essential Oil |
| Old T-Shirt, Towel, or Sheet |
| Mason Jar with Lid |
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Reusable Dryer Sheets |  |
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| ***Ingredients*** |
| ½ cup Baking Soda |
| ½ cup Citric Acid |
| 1 cup Washing Soda |
| ¼ cup Course Sea Salt |
| 1 bar Dr. Bronner’s Pure-Castile Soap |
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Homemade Laundry Detergent |  |
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| ***Ingredients*** |
| 4 packages (1 0z) of Instant Unflavored Gelatin\* |
| Food Coloring |
| 1 tablespoon Salt |
| ~30 drops Essential Oils |
| Mason jars (recipe makes 1 pint, can be split to multiple jars) |
| 2 cups Water  |
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| \*vegan alternative: 1 oz Agar Agar Powder |

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Homemade Gel Air Freshener |  |

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| ***Directions*** |
| 1. Cut fabric into around 16 pieces (6x6”)
 |
| 1. Mix vinegar, water, and the essential oil together in the mason jar
 |
| 1. Swish it all around to combined
 |
| 1. Add fabric to jar
 |
| 1. Put the lid on and shake (don’t worry if all the sheets are not wet, they will
 |
| eventually soak up all the water/vinegar mix |
| 1. Use 1 sheet per load (just toss it in like you do with your clothes)
 |
| 1. After dryer is done, set used fabric aside (in a basket or something similar)
 |
| 1. Once jar is empty, it is time to make another batch
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| ***Directions*** |
| 1. Grate the bar of soap finely
 |
| 1. Put grated soap in large bowl, add all of the other ingredients
 |
| 1. Stir to combine, break up any clumps that form
 |
| 1. Pour laundry soap into an airtight container for storage
 |
| 1. Optional – Add a desiccant to keep soap from clumping up
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| ***Use*** |
| 1. Regular-sized load: 1 tablespoon per load
 |
| 1. Large-sized load or extra dirty: 2 tablespoons per load
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| ***Directions*** |
| 1. Add a few drops of coloring & essential oil to each mason jar
 |
| 1. Boil 1 cup of water
 |
| 1. Pour gelatin/agar agar into boiling water
 |
| 1. Whisk
 |
| 1. Once gelatin/agar agar has dissolved, add 1 cup cold water & 1 tablespoon salt
 |
| 1. Whisk until salt is dissolved
 |
| 1. Pour mixture into prepared jars
 |
| 1. Stir with wooden stick or spoon and let sit overnight until gel is set
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| ***Ingredients*** |
| ½ cup Baking Soda |
| ¼ cup Hydrogen Peroxide |
| 1 teaspoon dish soap, optional |
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Homemade Grout Cleaner |  |
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| ***Ingredients*** |
| 4 cups Warm Water |
| 4 cups Vinegar |
| \*Fill entire canister with mixture at a 1:1 ratio |
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Homemade Carpet Cleaner |  |
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| ***Ingredients*** |
| Old Cloth (sheet, towel, blanket, t-shirt) |
| Scissors |
| Needle & Thread (or a sewing machine) |
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Reusable Cotton Ball/Round |  |

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| ***Directions*** |
| 1. Combine all ingredients, mix. Baking soda will not dissolve.
 |
| 1. Dish soap is only necessary for extremely dirty/greasy messes.
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| ***Use*** |
| 1. Apply to grout immediately
 |
| A spoon will do, but a small bottle with an open tip works best |
| 1. Let sit for 10 minutes
 |
| 1. Scrub with toothbrush
 |
| 1. Wipe clean with warm water
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| ***Directions & Use*** |
| 1. Mix water and vinegar directly in carpet cleaner container
 |
| 1. If canister has separate area for soap/rinse, place this in the RINSE section
 |
| 1. Turn carpet cleaner to rinse
 |
| 1. Clean carpet as normal, extracting as much water as possible
 |
| 1. If carpets are very dirty, repeat
 |
| 1. Vinegar odor will dissipate as carpet dries
 |
| ***Notes*** |
| * Dump extracted water in a toilet, not a sink
 |
| * If vinegar odor is too strong, concentration can be reduced
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| ***Directions*** |
| 1. Cut cloth into squares (~2 inches x 2 inches)
 |
| 1. Depending on thickness of fabric, pin together several layers of squares.
 |
| * 1. For example, if just a sheet it is recommended about 4-5 layers. If using a towel you may only need one layer of fabric.
 |
| * 1. You want to have enough layers to have the fabric absorbent without getting soaked through easily.
 |
| 1. Sew edges so that the fabric does not fray when washing
 |
| * 1. Sewing Machine: Surge the edges
 |
| * 1. Sewing by Hand: Blanket-stitch the edges.
 |
| To use: Use like a normal cotton swab. When done toss into your laundry basket to be washed with your other towels.  |