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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 | |  | |  | | --- | |  | |  | |  | |  | |   Homemade Lip Balm |  |
|  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | ***Ingredients*** | | Old t-shirt | | Sharp scissors | |  | |  | |  | |  | |  | |  | |  | |  | | --- | |  | |  | |  | |  | |   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) | |  | |  | |  |
|  | |  | | --- | | ***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) | |  |
|  | |  | | --- | | ***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*** | | 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 | |  | |  | |  | |  | |  | | --- | |  | |  | |  | |  | |   Homemade Laundry Detergent |  |
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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 | |  |
|  | |  | | --- | | ***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 | |  | | ***Use*** | | 1. Regular-sized load: 1 tablespoon per load | | 1. Large-sized load or extra dirty: 2 tablespoons per load | |  |
|  | |  | | --- | | ***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*** | | Old Cloth (sheet, towel, blanket, t-shirt) | | Scissors | | Needle & Thread (or a sewing machine) | |  | |  | |  | |  | |  | |  | |  | | --- | |  | |  | |  | |  | |   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. | |  | | ***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 | |  |
|  | |  | | --- | | ***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. |