

## Recipes using organic and natural ingredients

### Washing Powder Recipe

**Ingredients:**

100g grated soap  
2 cups of washing soda,  
a couple of drops of eucalyptus/tea tree oil/lemon juice (optional) to add to each wash

**Method:**

Mix dry ingredients in a bowl or use blender for a ready to use mix.  
Store in airtight container. If you don't blend, it is best to mix with warm water to dissolve before adding to wash.

Use 2 Tablespoons to 1/4 cup per load of laundry. Add a few drops of essential oil if desired. You can also use ¼ vinegar as a rinse instead of fabric softener.

For stains, spray/squeeze some lemon juice directly onto area before washing

### All purpose spray cleaner

**Ingredients:**

Vinegar  
Water  
Spray bottle

**Method:**

Mix 1 part water to 1 part vinegar in bottle

Use to clean glass, mirrors, surfaces, bathrooms

### Antibacterial spray

**Ingredients:**

Water  
Eucalyptus/Tea Tree oil  
Spray bottle

**Method:**

In spray bottle mix water and around 20 drops of your chosen oil

Shake before using

### Dishwasher Powder

**Ingredients:**

1 cup washing soda  
1 cup bicarb soda  
1 cup citric acid  
½ cup table salt

**Method:**

Mix all ingredients together in bowl, or directly into your chosen container if big enough.

Use 1 tbsp per wash.

Pour vinegar into your rinse section for a sparkly rinse.

To avoid the mixture going hard, use a silica pouch from a previous purchase or some rice in a stocking to soak up moisture.

## All Purpose Scrub

### Ingredients:

¼ cup liquid castile

¾ cup bicarb soda

A few drops of lemon essential oil (optional)

### Method:

Mix all ingredients together in a bowl to create a paste.

Store in a glass jar.

Use on sinks, showers, dishes - whatever needs scrubbing

## Deodorant

### Ingredients:

4 tbsp shea butter

5 tbsp arrowroot powder or corn starch

1 tbsp and 1 tsp bicarb soda

10 drops ylang ylang essential oil

### Method:

Melt shea butter in a glass bowl over a saucepan of boiling water.

Mix in dry ingredients and essential oil.

Pour into glass jar.

Set in fridge for around 30 min before use.

## Toothpaste

### Ingredients:

3 tablespoons coconut oil

1 1/2 tablespoons bicarb soda

25-30 drops Organic food grade peppermint essential oil

### Method:

Mix all three ingredients in a glass dish.

To use, scoop out a little bit with a spoon and put it onto your toothbrush.

Add more or less peppermint or coconut oil depending on your textural preference.