



CIRCULAR ECONOMY  
IN ACTION

# ZERO WASTE HAND-MADE COSMETICS AND CLEANING PRODUCTS IN UNDER 5 MINUTES



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2022-3-PL01-KA210-YOU-000095329

# What will you need?

- Borax (available online)
- Baking soda
- Citric acid
- Vinegar
- Salt
- Green or marseille soap
- Potato starch
- Coconut oil
- Essential oils



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# LAUNDRY DETERGENT

## For washing

- 1 measure (e.g. a glass) of borax (antiseptic properties)
- 1 measure of sodium percarbonate (whitening properties)
- 1 measure of calcined sodium (water-softening properties)
- A standard portion to use for laundry is 4 tablespoons.

## For rinsing

- Tablespoon of vinegar +5 drops of natural essential oil (e.g. lavender, lemon)



**BORAX** – mineral, material mined in Turkey and California, an inorganic chemical compound also used in medicine



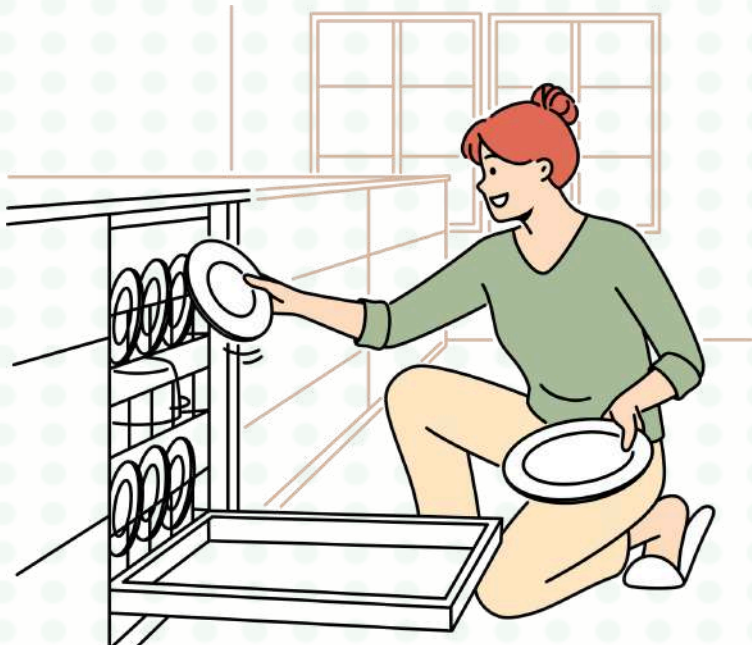
# DISHWASHER DETERGENT

## Dishwasher detergent

- 1 measure (e.g. a glass) of citric acid
- 0.5 measure of borax
- 0.25 measure of table salt

## Polishing agent

- 1 Tablespoon vinegar / glycerin + 5 drops of essential oil



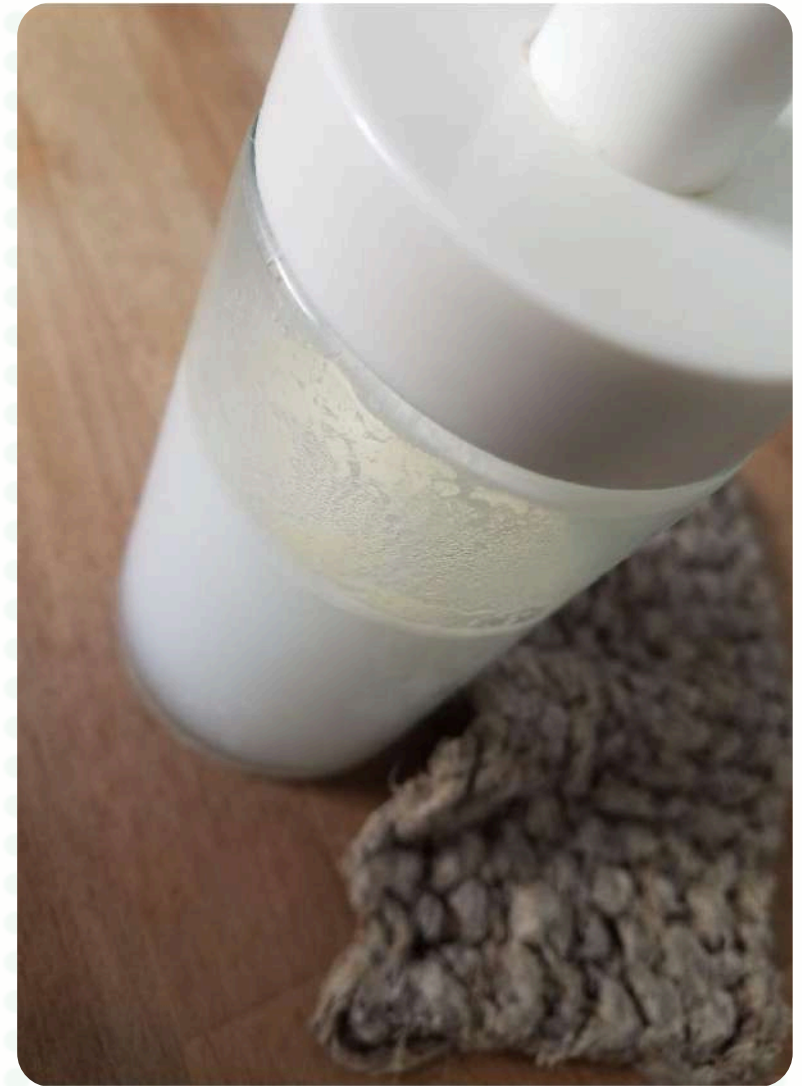
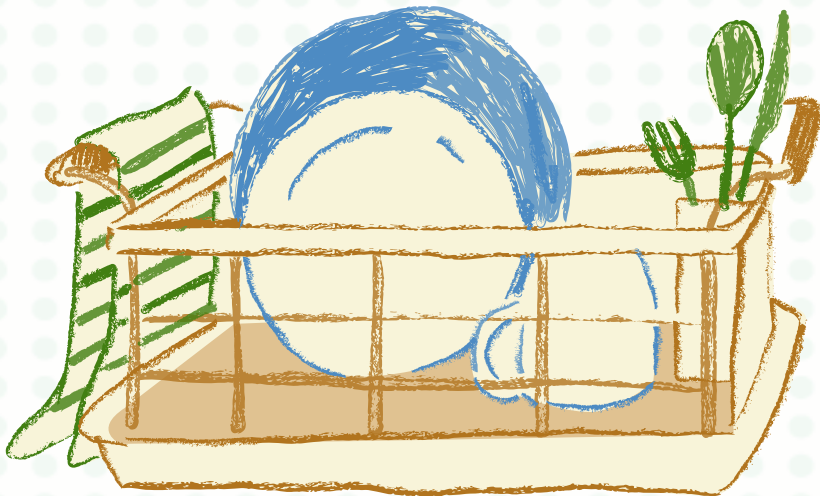
## **WARNING!**

After mixing the ingredients, the detergent sets quickly!  
After mixing, place the powder into silicone ice cube packs (you can also use a chocolate wrapper, as in the picture above) to portion it out.

# DISHWASHING GEL

## Mix together in a glass jar:

- 0.5 glass of Castilian soap - liquid
- 1 glass of filtered water
- 3 tablespoons of baking soda
- 1 tablespoon of glycerin
- 3 drops of mint or eucalyptus essential oil
- 5 drops of lemon essential oil



# CLEANING LOTION/POLISH

## Mix together in a glass jar:

- 2 tablespoons green soap (dissolve in 0.5 cups of boiling water) or 0.5 glass of Castilian liquid soap
- 0.5 glass of baking soda
- 10 drops of lavender essential oil



### **WARNING!**

With the use of green soap, the lotion after time will change the consistency to be similar to a cleaning polish.

## CLEANING SPRAY (universal)

- Water with vinegar in a ratio of 2:1
- 10 drops of lavender or citrus essential oil



# MAKE-UP REMOVER

## Mix together in a glass jar:

- 0.5 glass of distilled or filtered water
- 1 tablespoon of jojoba oil
- 1 tablespoon of aloe (optional)
- 5 drops of coenzyme Q10 (optional) - anti-wrinkle effect
- 5 drops of Vitamin E
- 3 drops of grapefruit essential oil
- 3 drops of lemongrass essential oil



Shake well before use.  
You can use reusable cotton pads to help dissolve more resistant makeup.



# BODY SCRUB

## Mix together in a glass jar:

- Sugar and coconut oil or olive oil/grape seed oil in a 2:1 ratio
- 5 drops of vitamin E – antioxidant, hold up ageing
- 5 drops of essential oils (lavender, citrus)

Scrubbing ingredients:

Choice of: coffee grounds, coconut shells, poppy seeds, dried lavender

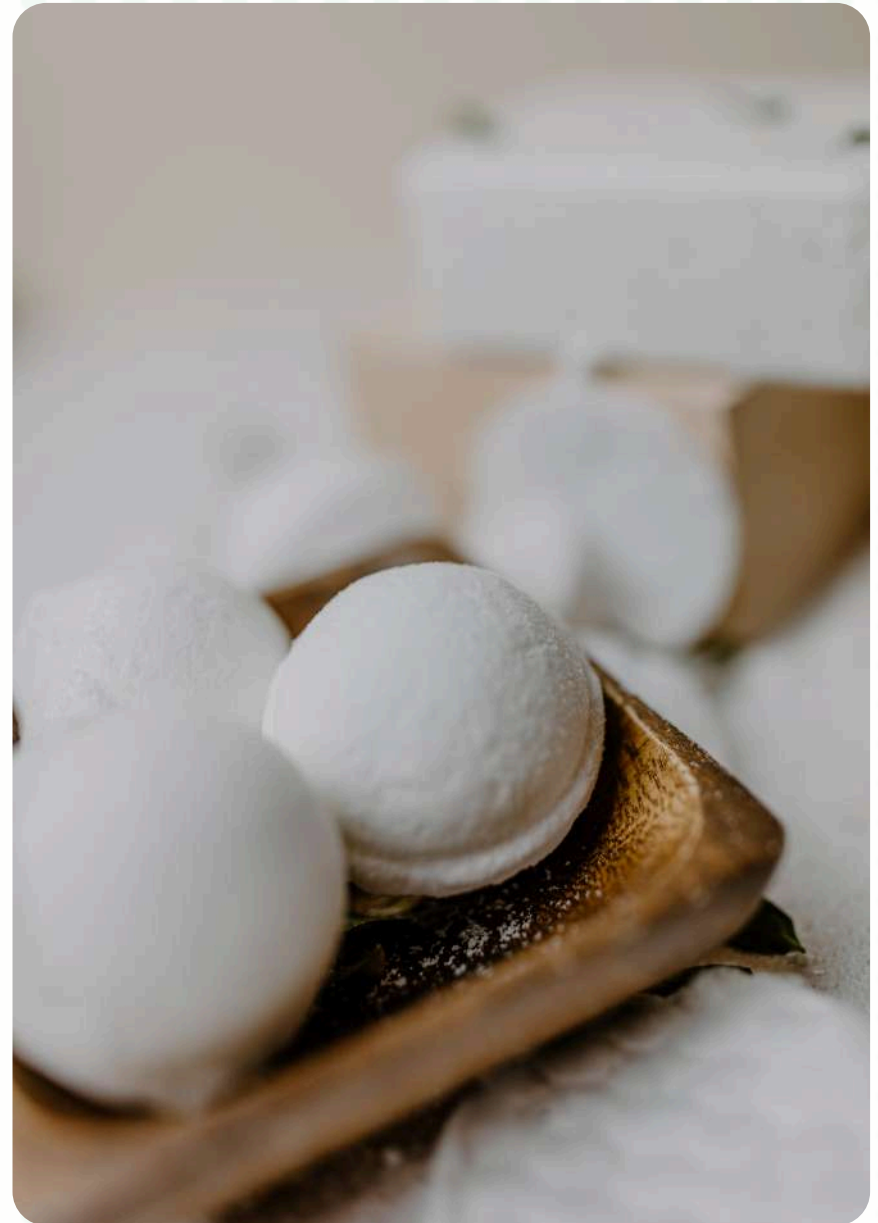




# BATH BOMBS

## Mix in a glass bowl:

- Mix a glass of baking soda with half a glass of citric acid,
- add 20 drops of your favorite essential oil (lavender, rose, orange), add 2 tablespoons of coconut oil at room temperature,
- spray the obtained mixture with your favorite hydrolate or toner and start kneading it with your hands,
- when the mixture has the consistency of wet sand, transfer it to the molds,
- Place the finished balls on a tray, cover with a paper towel and leave to dry for 24 hours.



# ORAL HYGIENE

## Mouthwash

- 2 glasses of sage infusion
- 10 drops of propolis (available at the pharmacy)
- 4 drops of mint essential oil

It prevents naphthas, soothes injuries, refreshes breath.

## Refreshing toothpaste

- 1 tablespoon of coconut oil
- 3 tablespoons of white clay
- 5 drops of mint essential oil



Consult your dentist for toothpaste and oral care recommendations.



# DISINFECTANT WET TISSUES

## Materials:

- Worn-out flannel diaper cut into pieces measuring 15x15 cm
- String bag
- 1 liter of distilled or filtered water
- 0.25 glass of cosmetic spirit
- 1 tablespoon of glycerin
- 5 drops of vitamin E and vitamin B5 - pentanol
- 3 drops of grapefruit and lemongrass essential oil

Soak the material in the prepared solution, squeeze it out and pack it into a string bag.

After using, wash at a temperature up to 40 C, soak in the solution and use again.

## DISINFECTION SPRAY (universal)

Water with alcohol in a ratio of 2: 1,  
1 tablespoon of glycerine,  
10 drops of lavender or citrus essential oil



# DEODORANT

Mix together in a glass jar:

- 1 tablespoon of potato flour
- 1 tablespoon of baking soda
- 1 tablespoon of coconut oil
- 4 drops of essential oil (lavender, lemon, grapefruit)



# LIPSTICK

## Mix together in a glass jar:

- 1 teaspoon of shea butter,
- 1 teaspoon of coconut oil,
- 2 teaspoon of beeswax,
- ¼ teaspoon of honey
- Dye, ex. Beetroot powder, blush,
- 1 cup of boiling water and pot/ tealight and a small bowl



Use a small jar or packaging for lipstick.

Mix all ingredients, melt, and add dye. Transfer the liquid into packaging and put aside in the fridge for 2-3 hours to set.





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