

As many of you are aware there are many chemicals in our everyday cleaning and personal care products. Help your day get a little less toxic by making your own products. You can source all the ingredients through www.summernaturals.co.uk

Hand Wash

250ml Pump Dispenser
150ml Warm Water
60ml Glycerine
40ml Dr Bronner pure castile soap (Liquid)
15 drops of a suitable essential oil of your choice

Basic Shampoo Recipe

150ml Water
2 tablespoons of Dr Bronner pure castile Soap
1 tablespoon of glycerine
10 drops of essential Oil
(Lavender, Myrtle, Ylang Ylang and Grapefruit are good options)

Basic Vinegar Spray Cleaner

500ml Trigger spray bottle
250ml White Vinegar
250ml of Water
Essential Oil optional

Soapy Vinegar Spray Cleaner

500ml trigger spray bottle
200ml White Vinegar
300ml Warm Water
1 tsp Dr Bonner pure castile soap
10 drops of tea tree essential oil

Greasy Surface Cleaner

500ml trigger spray bottle
3 tsp soda crystals
3 tsp borax
1 tsp Dr Bonner pure castile soap
300ml of warm water

Floor Cleaner

1 tablespoon of soda crystals
5 drops of tea tree essential oil
15 drops of orange essential oil
1 mop and a bucket of hot water

Bath Bombs

1 ½ cups bicarbonate of soda (Baking Soda)
½ cup citric acid powder
2 teaspoons sweet almond oil
essential oil
Food colouring
Moulds

Sift together bicarbonate of soda & citric acid in large bowl
Transfer ½ cup at a time to another bowl; add any dried flowers or glitter etc.
In another small bowl mix ½ teaspoon at a time of almond oil, 8 drops of your chosen essential oil & 6 drops of food colouring.
Pour the oil mixture into the ½ cup of base mix and mix quickly before it starts to fizz.
Combine with your fingertips until all colour evenly distributed.
Wipe a little sweet almond oil inside your moulds
Fill the moulds with the mixture, packing it firmly
Leave to set for 36 hours prior to using.

Sun Tan Lotion

Water Mix -

1/3-cup witch hazel,

Oil Mix -

1 tablespoon Coconut Oil

1-¼ teaspoons Ewax

½ teaspoon Neem oil

½ Teaspoon Sesame Oil

Powder Mix

1 tablespoon Zinc Oxide (Quantity can be doubled for extra protection)

1 small pinch Xanthan Gum

½ teaspoon Turmeric (Optional)

Additives

¼ teaspoon Vitamin E

¼ Teaspoon Essential Oils (Combination of: - Citronella, Eucalyptus, Lavender, pennyroyale or peppermint).

Heat oil in a glass bowl in a hot water bath on the hob

Sift powder and mix

Drip oil mix into water mix and blend with a fork

Blend in powder mix then additives