

Make Your Own Product

 **Step:** Five - Act!

 **Time:** 60 min

 **Space and materials:**

- Recipes;
- Materials as described in the different recipes.

 **Description of the tool**

For this activity, the participants will be presented some recipes and asked to make their own products using ingredients that will be provided to them.

1. Divide the participants into groups and ask them to discuss the following questions:
 - What healthcare/cosmetic products do you use every day?
 - Which ingredients do you think are used to produce them?
 - What happens to their packages when we discard them?
2. After allowing 10-15 minutes for the discussion, start discussing the possibility of making our own products. Would there be any benefits in that and what?
3. Give the participants the recipes and the required ingredients to make toothpaste, a deodorant, a face-cream or anything else that is feasible. Several products (e.g., soaps) may be harder to make as they require a longer time for the ingredients to mend together, and they may require technical assistance that could perhaps be conducted under the instruction of the school's chemistry teacher.

Recipe 1: Toothpaste

- 2/3 cup baking soda
- 1 tsp fine sea salt (optional – direct application of the minerals in sea salt is great for teeth, but can be left out if the taste is too salty)
- 1 – 2 tsp peppermint extract or 10-15 drops peppermint essential oil (or add your favourite flavour – spearmint, orange, etc.)
- filtered water (add to desired consistency)

Recipe 2: Whitening Peppermint Sage Tooth Powder

- 2 tablespoons bentonite clay
- 2 tablespoons baking soda
- 1 tablespoon dried, finely ground sage leaf
- 1 tablespoon xylitol (optional, for adding sweetness)
- ½ tablespoon pure sea salt
- 15-20 drops peppermint essential oil

Recipe 3: Toothpaste

- 1/2 Cup Virgin Coconut Oil (not hydrogenised)
- 2-3 Tablespoons of either baking soda or 1 tablespoon of fine pumice
- Xylitol* to taste, depending on how sweet you like your paste
- 15-20 drops of essential oil

Soften coconut oil with gentle heat, add ingredients and mix well, place in a glass jar and allow to cool.

Recipe 4: Simple Homemade Deodorant

- 3 spoons Coconut Oil
- 3 spoons Arrow Root Powder or Cornstarch
- 3 spoons Baking Soda
- 10-20 Drops Tea Tree Essential Oil or Lavender Essential Oil

Melt the coconut oil using the double-boiler effect in the first recipe. Once melted, remove from heat, and stir in the remaining ingredients. Pour the mixture into a small glass jar or container and let it set for a couple of hours. Apply with fingers.

Recipe 5: All-Natural Deodorant with Tea-Tree

- 3 spoons Coconut Oil
- 3 spoons Shea Butter
- 1/4 Cup Arrow Root Powder or Cornstarch
- 1/4 Cup Baking Soda
- 1 spoons Bee's Wax Optional: works well if using an old deodorant container
- 20-30 Drops Tea Tree Essential Oil or Lavender if you don't have tea-tree on hand

Melt the coconut oil and shea butter (and bee's wax if using) in a glass jar. To do this, sit the jar in a pot of boiling water--this will create a double-boiler effect.

Once they have melted together, remove from heat, and stir in the baking soda, arrowroot powder and tea-tree oil.

Pour the mixture into silicone moulds, a jar, a small container or an old deodorant stick. If using an old deodorant stick, wait a few minutes until the mixture has thickened a bit - this will make it easier to work.

Let the mixture set for several hours or overnight before using.

Recipe 6: Homemade Facial Cleanser with Avocado Oil & Honey

- 1/2 Cup Organic Avocado Oil (use Organic Grape Seed Oil for more severe acne prone skin)
- 3 spoons Honey (raw and unpasteurized, and as always, preferably local)
- 2 spoons Organic Castile Soap

Whisk all ingredients together until they're fully combined. This may take a couple of minutes. Transfer to a small squeeze or pump bottle.

Recipe 7: Hydrating Face Mask for All Skin Types

- 2 spoons cucumber puree (puree a chunk of cucumber in a blender, or grate and muddle it up)
- 2 spoons Aloe Vera
- 1 spoon Plain Yogurt with active cultures (make your own)
- 1 spoon Raw Honey

Mix all ingredients until you have a smooth paste. Apply it to face, avoiding eyes, using your fingertips or a small spoon. Let it sit for 15-30 minutes.

Recipe 8: Face Mask for Minimising Scars and Dark Spots

- 1 spoons Raw Honey
 - 1 spoons Lemon juice (from a real lemon)
- Mix ingredients in a small dish. Apply the mask with your fingertips or a small spoon. Leave it on for 15-30 minutes, then rinse with cool-warm water.

Recipe 10: The Best Homemade Shaving Cream (for Guys and Gals)

- ½ Cup Oil (olive, grape seed, almond, etc.)
 - ¼ Cup Honey
 - ¼ Cup Liquid, Castile Soap
 - 10 Drops of Essential Oils (Optional)
- Combine ingredients in a bowl and rapidly whisk for several minutes until all of the ingredients have fully emulsified. Transfer to a pump or squeeze bottle. This shaving cream will not expire, as all of the ingredients have a very long shelf life.

Recipe 9: Soothing Body Butter with Aloe Vera

- 3 spoons Shea Butter
 - 2 spoons Coconut oil
 - 1 spoon Vitamin E Oil
 - 3 spoons Aloe Vera
 - 1 spoon Avocado Oil (or Olive, Jojoba or Almond Oil)
 - 10-15 Drops of Essential oils of choice (optional)
- Melt coconut oil and shea butter in a double boiler. You can create this by putting the ingredients in a small glass jar and then placing the jar in a pan of simmering water. Remove from heat once melted and let the mixture cool until it's opaque (to speed this you can put it in the fridge, but don't let it become solid.). Next, add the remaining ingredients and the coconut/shear mix to a stand mixer bowl and whip until ingredients are well combined, and the mixture is light and fluffy (about 5-10 minutes.) It's finished when the body butter can stick to a spoon when held upside-down. Transfer to a small container or jar and store in a cool place.

Recipe 11: Natural Hazelnut Coffee Sugar Scrub

- 1½ cups sugar
 - ½ cup dry coffee grounds
 - 1 spoon coffee extract
 - 1 spoon hazelnut extract
 - ½ cup sweet almond oil
 - optional: 1 spoon chocolate extract – for a Hazelnut Mocha Scrub:
- In a medium bowl combine sugar and coffee grounds. Stir well to combine. Add the coffee extract and the hazelnut extract to the bowl and stir well. Slowly pour the sweet almond oil into the bowl, stirring constantly. If you notice your scrub has reached the desired consistency, you can reserve the rest of the sweet almond oil. If your scrub is still too dry, stir in a little more almond oil one teaspoon at a time. Transfer to a small tightly sealed container and label. Store in a cool, dry place for up to 30 days.