

DIY Reusable Food Wrap



Ingredients:

- Jojoba oil (1 tsp)
- Tree resin (1 tsp)
- Candelilla wax (3tbsp)
- Funky cotton fabric
- Fabric scissors (jagged scissors work best)
- Paintbrush
- Pegs/rope to hang
- Fabric to put on ground in case of drips
- Double boiler or glass bowl over pot
- Mixing spoons
- Oven trays (dedicated to wax) or roll of recycled aluminium foil

Instructions

- Preheat oven to 185oF/86oC
- Melt all ingredients in double boiler (or glass bowl over pot)
- Place fabric on a tray
- When fully melted use a pastry brush to brush on fabric to the edges
- Place in oven for 3-6min until all wax is melted and fabric has absorbed as much as possible
- Hang to dry
- Clean with cold water and dish soap

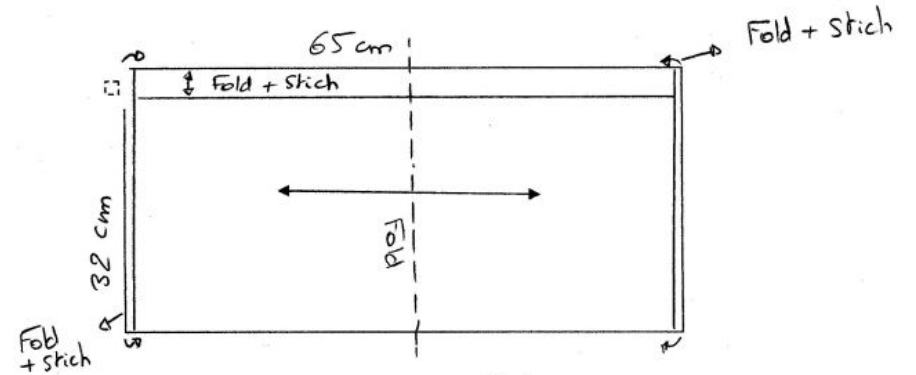
MESH PRODUCE BAGS



Material List

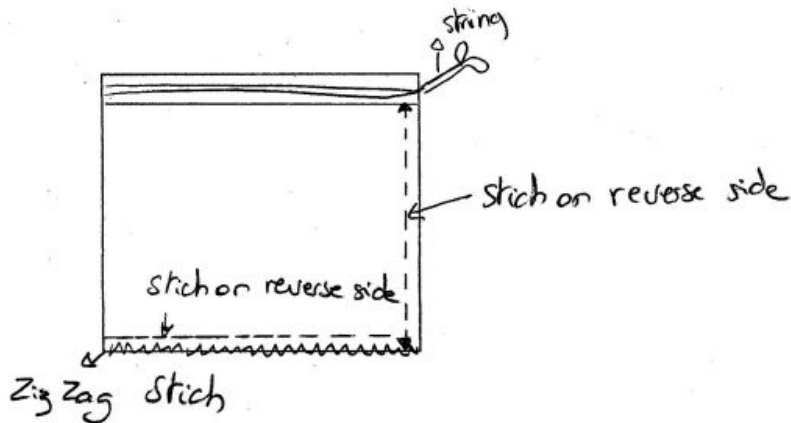
For mesh produce bags

- Mesh fabric
- Rope/string for drawstring
- Thread
- Pins
- Fabric scissors
- Sewing machine



Instructions

1. Cut a rectangle, stretching along the long way
2. Fold the short edges and sew with a straight stitch all the way
3. Sew the fold at the top for the draw-string - tacking a few millimetres of fabric under (2cm fold)
4. Fold in half and sew the sides together on the "wrong" side (inside), stopping just under the string tube
5. Sew the bottom with a zig zag stitch then a straight stitch so it's stronger





HOMEMADE TOOTHPASTE

Ingredients/materials

- Bi-carb soda
- Coconut oil
- Spearmint essential oil (only needs 2 drops!)
- Spoons for mixing
- Jars/containers for storage

Instructions

1. Add bicarb and coconut oil together until you get a nice consistency
2. Add 2 drops of spearmint oil
3. Prepare for a different taste...

HOMEMADE LOTION

Ingredients/materials

- Coconut oil (moisturising)
- Shea butter (stimulates production of collagen)
- Cocoa butter (rich in anti-oxidants)
- Sweet almond oil (vitamins E and B, repairs sun damage)
- Double boiler, or glass bowl with saucepan underneath
- Spatula
- Fridge
- Essential oils of choice
- Jars/containers for storage

Instructions

1. Combine ingredients in equal parts
1. Melt over double boiler (don't overmelt)
2. Put in fridge for an hour
3. Whip it for 5-10min until has consistency of whipped cream
4. Spatula to scrape down the sides
5. Add oil of your choice (e.g. sweet orange oil, lavender etc)

HOMEMADE DEODORANT

Ingredients/materials

- 2 tbsp Arrowroot powder
- 1 tbsp Baking soda
- 1 tbsp Coconut oil
- 1 tbsp Shea butter
- Double boiler, or glass bowl with saucepan underneath
- A few drops of Lemongrass essential oil
- Jars/containers for storage

Instructions

1. Melt shea butter and coconut oil in a double boiler over medium heat until barely melted. ...
2. Remove from heat and add baking soda and arrowroot (If you don't have arrowroot, use more baking soda or just omit)
3. Mix well.
4. Add essential oils and pour into a glass container for storage.

