

The background of the entire image is a dense, close-up photograph of various succulent plants, likely Sedum or Echeveria, showing their thick, fleshy leaves in shades of green and blue.

EASY, AFFORDABLE, & SUSTAINABLE DIYS

*SKIN CARE, HAIR CARE, AND
CLEANING*



an ebook

SKIN CARE



GENTLE FACE SCRUB

Ingredients

- 2 tbsp oats

Instructions

1. Grind oats as fine as possible
2. Put into a airtight container
3. When ready to use, lather up your face with the suds from your face soap and then add in a tbsp of the ground oats

Why it works:

- Oats are full of anti-oxidant and anti-inflammatory compounds and is known for its skin-soothing properties including moisturizing dry skin, providing relief from itching, rashes and other minor skin irritations. They are also soft enough where they will not cause micro-tears in your skin if ground finely enough.
- No matter your skin type, don't scrub too aggressively with the coffee treatment. You definitely don't want to irritate your skin.



FACIAL TONER

Ingredients

- 1/2 tbsp of green tea leaves
- Raw Apple Cider Vinegar (ACV)

Instructions

1. Boil 1 cup of water, then let your green tea leaves steep for 5 minutes
2. Remove the leaves and let fully cool
3. Combine 3/4 parts green tea water with 1/4 part ACV (note: use a higher percentage for oilier skin and a lower percentage for dry skin.)

Why it works:

- Green tea contains antioxidants, anti-inflammatory elements and polyphenols that are said to slow the aging process. It can also help moisturize the skin and mildly relieve eczema and acne.
- Apple Cider Vinegar: it's antiseptic and antibacterial, balances the natural pH of the skin, lightens up sun and age spots, and can improve acne and acne scars.

SKIN CARE CONT.



FACE MASK

Ingredients

- 2 tbsp raw, local honey
- Optional: tsp of turmeric or ground oats

Instructions

1. Apply to a clean, dry or damp face
2. Wash off after 20-30 minutes

Why it works:

- Honey has a very low pH, so a lot of bacteria cannot survive in honey, making it great to heal acne.
- Honey is also a humectant, helping keep your skin smooth and soft.
- Note: Please only use raw, local honey or Manuka honey. The other kinds in the store are most likely international frauds.



LIP BALM

Ingredients

- ¼ cup liquid oil (sweet almond, avocado, or olive oil)
- ¼ cup butter (cocoa, shea, or mango)
- 2 tbsp wax (beeswax or soy)

Instructions

1. Measure your oil and butter into a heatproof glass measuring cup. Microwave a minute or two until melted. (You can also melt the mixture in a makeshift double boiler.)
2. Add wax and melt.
3. Take a stainless steel spoon and mix everything together.
4. Pour into your desired container!

Why it works:

- Note: add more oil if you want it softer, or more wax if you like it harder
- The liquid oil helps moisturize your lips while the wax helps the product stay on so you can repeat all the benefits.

HAIR CARE



DIY DRY SHAMPOO

Ingredients

- Arrowroot powder
- Optional: cocoa powder and/or activated charcoal

Instructions

1. For light hair, apply arrowroot powder to roots
2. For brown hair, mix enough cocoa powder to arrowroot powder to
3. For black hair: add in cocoa powder and a tiny bit of activate charocoal powder

Why it works:

- Arrow root powder is an oil absorbing substance, which will absorch hair oils to help make hair look less greasy and add volume.
- Cocoa powder is a medium brown color, perfect to brunettes
- Activated charcoal powder is very dark and potent. Add a small amount for black hair,

HAIR POMADE

Ingredients

- 2 tbsp candelilla wax or beeswax
- 2 tbsp shea butter
- 2 tbsp sweet almond oil

Instructions

1. Melt the wax in a double boiler
2. Add in the shea butter and melt
3. Add in the sweet almond oil and stir to combine until all are melted
4. Pour into an airtight container and enjoy!

Why it works:

- The wax creates a stiff mold for the hair while the oils help nourish the hair holicies and tame fly aways.
- Tip: Use less wax for a less stiff hold!

CLEANING



ALL PURPOSE CLEANING

* Do **not** use this on marble, granite or other natural stones as this will dull its shine.

Ingredients

- 1/2 white distilled vinegar
- 1/2 water

Instructions

1. Combine vinegar and water into a spray bottle!

Why it works:

- Vinegar is about 5 per cent acetic acid. The acid kills bacteria and viruses, by chemically changing the proteins and fats that make up these nasties and destroying their cell structures.
- This makes vinegar a fantastic all-purpose disinfectant!
- Opt: if the vinegar smell is too much for you, you can soak orange or lemon peels in the vinegar for 3 weeks, strain, and then use with water. This will make it smell or citrusy and less like straighty vinegar.



GRANITE CLEANER

* **Do** use this on marble, granite or other natural stones!

Ingredients

- 2 tbsp Castile Soap
- 1/4 cup vodka
- 1 cup water

Instructions

1. Combine all into a spray bottle!

Why it works:

- Castile soap is made from oils and completely saponified potassium hydroxide and will clean without drying out your hands. Like other soaps, this plant-based version efficiently loosens grime and dirt from surfaces.
- With its high alcohol content, vodka kills mold and mildew and disinfects well.

CLEANING CONT.



DEEP CLEANING SCRUB

Ingredients

- ¼ cup Castile Soap
- ¾ cup baking soda.
- Opt: 20 drops of tea tree oil

Instructions

1. In an airtight jar, put the baking soda in and slowly pour in the Castile soap.
2. If using tea tree oil, apply 20 drops
3. Mix and scrub away!

Why it works:

- Castile soap is made from oils and completely saponified potassium hydroxide and will clean without drying out your hands. Like other soaps, this plant-based version efficiently loosens grime and dirt from surfaces.
- Baking soda removes stains, sanitizes, deodorizes, polishes, cuts through grease and much more.
- Tea tree oil has anti-viral and anti-bacterial qualities to help disinfect.



FLOOR CLEANER

Ingredients

- ¼ cup Castile Soap
- 2 gallons of warm water

Instructions

1. Mix together and wash floors as normal!

Why it works:

- We now know why Castile Soap is awesome! But in case you missed it, here it is again: Castile soap is made from oils and completely saponified potassium hydroxide and will clean without drying out your hands. Like other soaps, this plant-based version efficiently loosens grime and dirt from surfaces.
- The water helps dilute it because it's powerful stuff!