



# Oak and Thistle

Urban Farming & Frugal Living

## Bathroom Products

Making your own products can be daunting so here are some tried and true products that you will be happy to use for yourself and also give as beautiful gifts.

### Deodorant

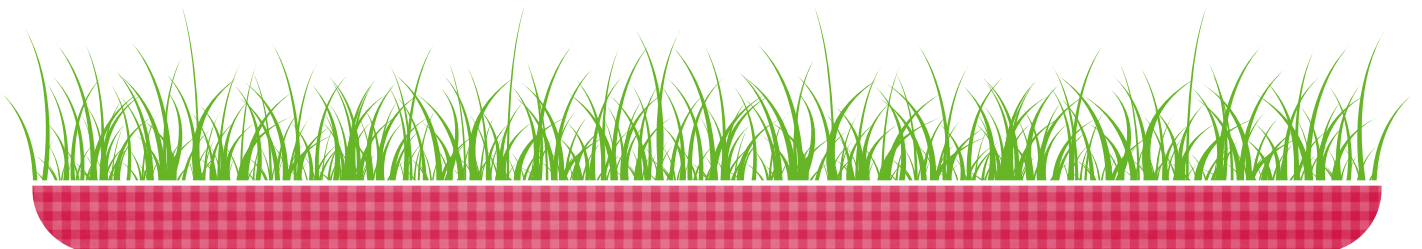
- 2 Tbs Arrowroot Powder
- 1 Tbs Aluminium Free Baking Soda
- 1 Tbs Coconut Oil
- 1 Tbs Shea Butter
- 10 drops of Essential Oil (Organic if possible)

In a double boiler (or bowl over a pot) melt the ingredients together. When completely melted and cooled a little, add the essential oil of your choice. In the winter months I use Rose Geranium as it leaves me feeling uplifted and relaxed and in the summer I use a fresh citrus scent like Lemon or Lemongrass.

Pour into a sterilised jar and seal. When you're ready to use it just put your fingers into the jar, scoop out a very small amount and rub on your underarms.

*When making anything new, always test it on a small patch of skin first.*

*If you have any sensitivities with essential oils reduce the amount you add in your first batch then increase gradually.*





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*"let medicine be thy food and food be thy medicine"*

*Let's translate that to what we put on our body and what we put in it.*

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## Toothpaste

2Tbs Organic Coconut Oil

1Tbs Baking Soda—Aluminium Free

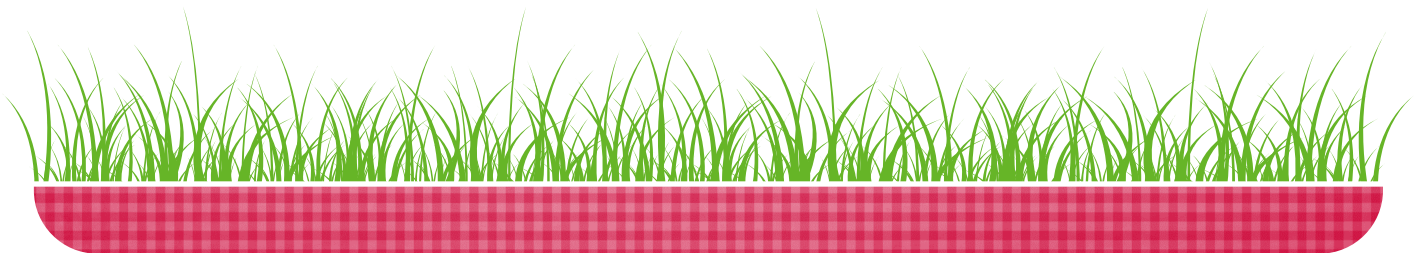
15-20 Drops Peppermint Oil

Put all ingredients into a jar and gently mix.

You will be left with a glossy, freshly fragrant paste that you can dip your toothbrush into or scoop onto your brush.

Make one for every family member with their own special flavour.

*Try dividing the recipe up into several little jars and trying other oils like Cinnamon or aniseed to give you a very different taste. Try Orange oil for a sweeter start to your day without the sugar!*



## Shampoo and Body Soap

Take one bar of Vegan, Castille Soap with pure essential oil.

Use this to wash your hair and body. Gently lather.

Easy. The trick here is the quality of what you use. If you have dandruff or flaky scalp, you should have no issues using this gentle pure soap.

But... When you use soap on your hair there is often a little residue—so to help remove this and make your hair shiny and lustrous use the following Cider Vinegar Rinse Recipe.

## Infused Cider Vinegar

500ml Apple Cider Vinegar

3-4 fresh sprigs of Rosemary or 1/2 cup of fresh Chamomile (1Tbs dried)

Put the herbs into a jar with the herbs and leave for several days to steep. Once you are happy with the smell of the infusion remove the herbs and bottle.

## Cider Vinegar Rinse

In your bathroom keep a jug for rinsing your hair.

In this jug, before you get into your shower or bath put in:

Half fill the jug with warm water.

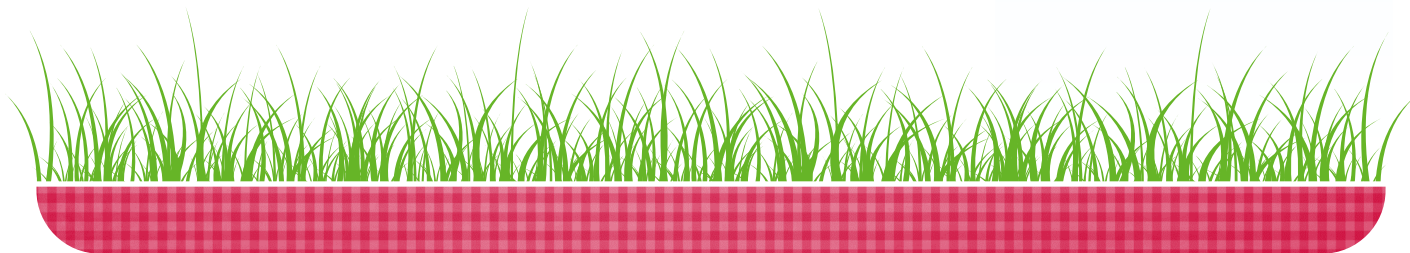
Add 1 tsp of Infused Apple Cider Vinegar (or plain)

Swish around and pour over your hair and body.

This will remove any soap residue and leave your hair lustrous and clean.

*Gently washing your face with a fresh clean wash cloth exfoliates and sloughs off dead skin cells and cleans your skin too!*

*The most effective way to condition your hair is with Avocado. After washing and before rinsing put mashed avocado through your hair. Leave for 15 minutes. Then rinse out. Your hair will be soft and beautiful*





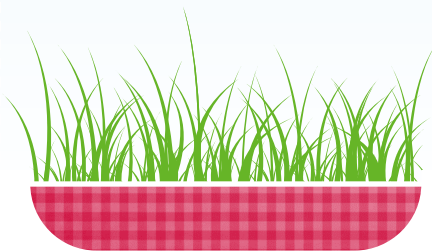
## Shaving Cream

To make Shaving Cream use the same recipe as the Body Butter but change the cacao butter for castile soap. Make exactly the same way.

*In my bathroom I use a safety razor. The blades are completely recyclable and are much cheaper to purchase than the disposable variety at the supermarket.*

For more recipes and information go to:

[www.oakandthistle.co.nz](http://www.oakandthistle.co.nz)



## Body Butter

3Tbs Shea Butter  
2Tbs Coconut Oil  
1 Tbs Cacao Butter  
2 Tbs Almond Oil

Put all the ingredients into a double boiler (or bowl over a pot) and gently melt. When all mixed and melted together put the bowl in the fridge for half an hour until mostly cooled but not really stiff.

Take out of the fridge and whip with a hand beater until it looks like whipped cream. This takes a few minutes so keep going.

When you have the right fluffy consistency add 5 drops of your favourite essential oil. I use sandalwood or clary sage as I love the deep, luxurious smell.

Put it into a jar and leave in the bathroom to put on your body after you've bathed. This mixture is so luxurious and moisturizing.