

NATURALLY INSPIRED

Ingredients you'll need to get DIY'ing the top 25 recipes

BODY CARE

Top Recipes for Body Care

Aftershave Gel
Basic Firm Lip Balm
Basic Shampoo
Beeswax Cuticle Treatment
Creamy Body Wash
Deodorant Paste
Dry Powder Shampoo
Fizzy Bath Drops
Foaming Hand Wash
Hand Sanitising Gel
Magnesium Oil
Solid Moisturising Bars
Sunscreen Balm
Super Salve Healing Balm
Toothpaste
Whipped Face Cream

250g - 500g

Carrier Oil
(includes sweet almond, jojoba,
fractionated coconut oil, rosehip)
Coconut Oil
Shea Butter
Sodium Bicarbonate, aka
Bicarb

100g - 250g

Beeswax
Citric Acid
Liquid Castile Soap

Small amounts (up to 100g)

Aloe Vera Gel
Arrowroot Flour
Bentonite Clay
Clove (ground)
Cocoa/Cacao Powder
Coconut Milk
Colourant
Evening Primrose Oil
Magnesium Chloride
Rose Water
Vegetable Glycerine
Witch Hazel
Xanthan Gum
Xylitol
Zinc Oxide (non-nano
particles)

Suggested Essential Oils

Clove
Frankincense
Geranium
Lavender
Lemon
Lemongrass
Lime
Orange
Patchouli
Peppermint
Sandalwood
Spearmint
Tea Tree
Thyme
Ylang ylang

You'll also need moulds and containers of varying sizes

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CLEANING

Top Recipes for Cleaning

Cleaning Fizzies
Cleaning Paste
Cleaning Wipes
Dishwasher Tablets
Fabric Softener
Hard Water Spray
Soapberry Master Stock
Washing Powder
Weed Spray

1kg plus

Borax
Salt (fine)
Sodium carbonate, aka
Washing soda
White Vinegar (litres)

approx. 500g

Citric Acid
Soap Powder
Sodium Bicarbonate, aka
Bicarb

Small amounts (up to 100g)

Aloe Vera Gel
Carrier Oil (fractionated
coconut oil)
Hydrogen Peroxide
Liquid Castile Soap
Soapberries
Witch Hazel

Suggested Essential Oils

Clove
Eucalyptus
Lemon
Orange
Tea Tree

NOTES

This information is general, and aims to give you an idea of the types of ingredients required to get started with natural DIY. As time goes on, you will no doubt become familiar with the ingredients needed for your favourite recipes!

You'll also need moulds and containers of varying sizes