



BIN BAG CHALLENGE

DIY Recipes

Beauty

These recipes are **simple and yet create lovely products**. Just a few ingredients are needed. You can adapt the recipes to what your skin, hair, teeth and brain need. The easiest way is to make small quantities and adapt as you go. You can also find more elaborate recipes online, with more ingredients or ingredients that require a bit more work (e.g., beeswax). Here, we went for simplicity, just to get you started.

Go for organic ingredients as much as possible, and always work on clean surfaces, with clean containers (just wash them in the dishwasher, or boil them if you prefer). When using essential oils, **please read the instructions below** as the ingredients are quite powerful.

Don't throw away your current products, and **don't buy a bunch of new containers**. That would go against the zero-waste idea. While you are finishing your current products, test these recipes, adapt, find exactly what you like so that you are ready to move to homemade only when you are out of product.

The basic shopping list for homemade products

Stock up on these products and you will be able to make all the homemade products in this swap list. Clean and reuse sustainable containers. Any small jars will do the job. Ask friends for their empty jars or check the charity shops for fancier containers.

- **Sugar**. Used for body scrubbing, so choose the grain accordingly.
- **Honey**. Used for body scrubbing and facial toner.
- **Apple cider vinegar**. Used for mouthwash.
- **Flower water** (rose, orange blossom, lavender, ...). Use for face toners, make up removal.
- **100 gr food grade bicarbonate of soda** – also commonly known as sodium bicarbonate or baking soda. Used in toothpaste, face scrub, deodorant. Buy food grade one.
- At least **two pure vegetable oils**. Used in moisturisers. 50 ml coconut oil and 50 ml of another oil you select based on its properties or smell (guide below); add more oils for variety.
- **Two to three essential oils**. Used in most products, for additional properties and fragrance (guide below)
- **200 gr clay**, for facemasks (guide below). All options available online at [Ecco Verde](#).
- **Shea butter**, for the body moisturizer.
- **Aloe vera gel**: 10 ml used in a variant of the face moisturizer.

Quick and simplified guide to choosing oils and clays

Vegetable oils

- o Jojoba: light, for all skins, especially for oily skins. No smell.
- o Sweet almond or marula: dry skin.
- o Argan: normal skin
- o Avocado: great for make-up removal
- o Rosehip: irritated, red skin
- o Pomegranate: acne prone skin
- o Olive oil works too!
- o Carrot: gives a nice glow, helps with sunburn; you need only a small amount diluted in another oil

Essential oils

- Handle with care. They should be diluted in a carrier oil like coconut or almond oil in a 1 to 5% solution (i.e., 1 to 5 drops of essential oils per teaspoon of carrier oil). Citrus oils increase skin sensitivity to the sun. Pregnant women, children, people with sensitive skins should avoid using or check with a professional. Always do a skin test first. Never use around/in the eyes.
- o Rosewood: antiaging
 - o Chamomile: dry, sensitive skins
 - o Tea tree: acne prone
 - o Fragonia: oily skin
 - o Lavender: relaxing

Clay

- o Pink: sensitive skins
- o Bentonite: healing
- o Red: regenerate
- o Green: normal or oily skins
- o White: oily skins

DIY Recipes

Body moisturiser/Lotion

This is the most complex DIY recipe, with a [bain-marie](#).

- 1 cup coconut oil
- 1 and 1/3 cup shea butter
- 1 tbsp other oil (olive, apricot, sweet almond, ...)
- Drops of essential oil (lavender, rosemary, tea tree, ...).

Mix all ingredients in a glass jar and let the mixture melt in a [bain-marie](#), mix well. Take it out of the bain-marie, let it solidify, but before it is fully solid, mix with a fork or a whisk to get a Chantilly texture.

For an even simpler version: Coconut oil and sweet almond oil mixed together make a wonderful body oil. If the outside temperature is below 25°C, the coconut oil will solidify. You can whip the mix to get a cream.

Body scrub / Exfoliation

Easiest – sugar and oil

- You need: 1 cup sugar. (brown, white, or a mix, choose the grain depending on the exfoliation you are looking for) + ½ cup oil (olive or liquid coconut oil) + optional essential oil for fragrance.
- How to make: mix and pour in jar. It will keep for months.

Sugar and honey – to avoid oil in the shower

- You need: 2 tsp honey with 3 tsp thin sugar (more or less depending on how robust an exfoliant you want, and to have a solid rather than liquid paste) + some drops of lemon juice if you wish.
- How to make: mix and pour in a jar – *Keep in the fridge*.

You can use a lighter version of these facial scrub for smooth lips. Go for less sugar or thinner grains, and very gently apply on your lips.

Deodorant

For a truly efficient deodorant, beeswax and arrowroot are needed; for a winter deodorant, this recipe works.

- You need: 2 tbsp of baking soda + 1 tbsp vegetable oil (e.g. sweet almond) + 2 to 3 drops of an essential oil (palmarosa, grapefruit, orange, or tea tree)
- How to make: Mix, pour in a jar with a lid.
- How to use: take a small amount with your finger and massage your armpit.

Eye make-up removal

A very simple recipe – the same as for the face cleaner.

- You need: a vegetable oil and some flower water. Jojoba is great but avocado, almond or any vegetable oil, such as olive oil, work. You can also dilute the oil with flower water.
- How to make: pour a bit of vegetable oil on a wet pad. Massage on your eyelid and wipe clean by adding some (flowered) water on your pad. The mix will keep in a bottle (preferably glass and dark) for weeks.
- Use vegetable oil – not essential oil. Never put essential oils around the eye, or in the eye.

Face cleaner

A very simple recipe – the same as for the eye removal.

- You need: a vegetable oil and some flower water. Jojoba is great but avocado, almond or any vegetable oil, such as olive oil, work. You can also dilute the oil with flower water.
- How to make: pour a bit of vegetable oil on a wet pad. Massage on your eyelid and wipe clean by adding some (flowered) water on your pad. The mix will keep in a bottle (preferably glass and dark) for weeks.

Face moisturizers/cream/Lotion

- You need: vegetable oils (**not** essential oils!). Mix 1 to 3 different oils in a small jar. 15 ml will go a long way.
- How to use it: the key is not the recipe here but how you apply the oil. Your skin will feel moisturized enough and not oily if you apply it correctly. Just pour 2 drops (really, only 2 drops) in one hand, massage your hands together to warm up hands and oil, and then gently massage your face for a full minute. Check the guide above to choose the best oils for your skin.
- For a different texture, you can use aloe gel as a basis: 10 ml of aloe gel, with 5 ml of vegetable oil, and 3 drops essential oils. Mix and use directly on the face.

Face toner

- In the morning, to gently wake you up, use some flower water (rose, orange blossom) on a cotton pad.
- In the evening, to help clean the skin, create your own face toner cleaner. Don't do more than 25 ml. 1 tbsp apple cider vinegar + 3 tbsp water + ½ tsp honey + 2 drops essential oil (lavender works very well here). Pour a few drops on a cotton pad, and clean your face, avoiding the eyes. I love it.

Facial scrub

For regular skin, with no cuts

- You need: 1 tsp baking soda and 1 tsp water or oil.
- How to make: Pour water/oil in the baking soda until you get a smooth paste.
- How to use: massage the paste onto your nose and other areas (especially those affected by pimples, blackheads, or whiteheads); rinse off with warm water or leave it on for about 2-3 minutes to use as a mask. Pat dry with a clean towel. Use twice a week.

For blemishes:

- You can use lemon juice instead of water (same proportion) for blemishes, massaging the paste on the areas affected.

For sensitive skins, with no oil

- You need: 2 tsp honey with 3 tsp thin sugar (more or less depending on how robust an exfoliant you want, and to have a solid rather than liquid paste) + some drops of lemon juice if you wish.
- How to make: mix and pour in a jar – *Keep in the fridge.*

Face mask

- You need: 2 tbsp of clay, water.
- How to make: pour approx. 2 tbsp water in the clay until you get a thick smooth paste (it is usually 1 part water 1 part clay).
- How to use: apply a thick coat of this paste on your face and remove it with water and a pad before it fully dries (5 to 10 min max).
- Note that face masks work deeply, and their first results might be to kick impurities out, so use them for your regular skin treatment, not as something to do just before a big event. You might have a few pimples in the next 2 or 3 days if it is the first time you use them, or if your skin seriously needed cleaning.
- You can change this base: mixing different clays, adding powders (spirulina, lavender, activated charcoal), adding a bit of apple cider vinegar (reduce the water then), adding oil (my favourite is carrot as it gives my skin a nice glow) or essential oils (only 2 drops, tea tree for extra cleansing), use green tea instead of water.

More ideas: <https://www.wildfornature.com/bentonite-clay-face-mask-recipes/>, [the banana and oat mask](#).

Mouthwash

- You need: 2 tbsp apple cider vinegar, 1 tsp salt, water, for each wash.
- How to make: Take a glass of warm water and add the apple cider vinegar and salt. Mix ingredients.
- How to use: Rinse your mouth with the resulting solution after brushing your teeth.

Hair Conditioner

Untested recipes – so please do leave comments if you test them!

Apple cider vinegar hair conditioner

- You need: 1/3 cup apple cider vinegar with 4 cups of water, for each wash.
- How to use: mix and massage into your hair post-shampoo. Leave for ten minutes, with a shower cap on, and then rinse out with cold water for extra shine.

Dandruff

- You need: 3 *tablespoons* apple cider vinegar, 1/2 cup water, 6 drops of tea tree oil.
- How to make: Mix all ingredients.
- How to use: Apply the mixture to the scalp with your fingers and gently massage for a few minutes. After 10 minutes, rinse your head with cool water. Use after each shampoo, up to twice a week.

Toothpaste

You need: ¼ cup bentonite clay + 1 tbsp baking soda, helps remove stains, contains minerals, alkaline.

- Optional: you can customize the powder to your taste, with for instance 1 tbsp ground cinnamon and/or cloves (both antibacterial), and/or 8 drops of essential oil (mint, tea tree, lemon, or sweet orange – mint will also sooth the gum).
- Optional: add 2 tbsp calcium powder to provide extra minerals and whiten
- Optional: add liquid coconut oil to turn it into a paste.
- How to make: Mix all ingredients and store in a small jar, with a lid.
- How to use: wet your toothbrush and dip in the tooth powder.