

One World Co-op DIY Recipes

Bar Soap room temperature method

Making soap from scratch is really inexpensive and fun thing to do. Homemade soap is very good for your skin, no more packaging and safe for you and your love ones. This method requires no need to heat the oils up so it is easier and save some energy.

Safety Note -

Do research on soap making and safety precautions before using this method.

Read up on the safety procedures of working with lye (sodium hydroxide), it can burn right through your skin, so wear rubber gloves, eye protection, long pants, shoes and work in a well-ventilated area with no small children or pets around.

Have an open bottle of vinegar close by in case of spill or spatter. Vinegar neutralizes lye.

Shea butter soap: making 2 lbs. or about 10 soaps

Ingredients:

1. 10.5 oz. Coconut oil
2. 10.5 oz. Olive oil
3. 9 oz. Shea butter
4. 8 oz. Distilled water or spring water
5. 4.2 oz. Lye
6. Optional essential oil for scent 1.2 oz.; tea tree, eucalyptus, lavender and etc.
7. Optional soap coloring; paprika, cinnamon powder, turmeric powder or clay about 1 tablespoon

Equipment:

1. Safety goggles and rubber gloves
2. A scale to weigh the ingredients
3. A large stainless steel pot (not aluminum)
4. A large glass measuring cup or plastic pitcher to hold the water and lye solution
5. A two-cup plastic or glass measuring cup to weigh and hold lye
6. A large plastic or glass measuring cup to weigh oil
7. Plastic or wooden spoon
8. A stick blender (Immersion blender)
9. Soap mold; I use 1/2 gallon milk carton line with parchment paper.
8. Towels for cleanup
9. White vinegar

Instructions:

1. Prepare your soap mold.
2. Weigh and place all the oils into the large stainless steel pot. No need to heat them.
3. Prepare lye solution; wearing safety goggles and rubber gloves in well-ventilated area or outside. Slowly pour the lye into water and gently stir until the crystal dissolve and clear. Stand back for a moment to avoid fumes. It is better if you pour lye in a little bit at the time. This process take about 5-10 minutes. The lye solution will get very hot so please handle with care.
4. Slowly pour lye solution over the oil in the large stainless steel pot, pour over the spoon to prevent spatter. Keep stirring slowly until the hard oil is completely melted.
5. Use the stick blender mix the batter in a short bursts 5 seconds, alternating with hand stirring until

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the soap reach trace. You can now add essential oil and color if you choose to use them.

6. Pour into your soap mold. Cover with newspapers over the mold, not touching the soap. I put it in the oven and shut the door for 24 hours.

7. The next day (wear rubber gloves) unmold

the soap and cut into 1 inch-bar will get about 9-10 bars. Set on waxed paper to cure for 4-6 weeks or longer. Turn the bars every few weeks. Enjoy!

Subject: Homemade mouthwash

This is suitable for kids too.

Ingredients:

1. 1 cup distilled water or boiled water
2. 2-3 drops peppermint essential oil
3. 2 drops orange essential oil

Instructions:

Mix everything together and store in a dark container.

Homemade toothpaste

This recipe will make your teeth super clean.

Ingredients:

1. 2 tablespoons Bentonite clay
2. 2 tablespoons Food grade diatomaceous earth (optional), you can use just clay.
3. 4 tablespoons distilled water
4. 5 drops peppermint essential oil
5. 2-4 drops tea tree essential oil
6. 1/4 teaspoons real salt

Instructions:

In non-metal bowl and spoon mixed everything together and let it sit in the refrigerator for 48 hours for flavor to blend well and if need adjustment add water 1/2 tablespoon at the time and 1 drop of essential oil at the time.

Store in glass jar with lid.

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Alcohol free hand sanitizer gel

This is very easy to make and not drying out your skin like alcohol base hand sanitizer.

Ingredients:

1. 1/2 cup Aloe Vera gel
2. 1-2 teaspoons of witch hazel (add until reach the desired consistency)
3. 13 drops (1/8 teaspoon) tea tree essential oil which have anti-viral and anti-fungal benefits

Caution: tea tree essential oil should not be used on babies younger than 6 months.

Instructions:

Mixes everything together and put in the container that you have available.

Laundry detergent

Homemade liquid laundry detergent

Ingredients and equipment:

1. Bar of soap of your choice; Fels Naptha, dove or homemade soap
2. 1 cup of borax
3. 1 cup of washing soda
4. 5-gallon plastic container with lid
5. Cheese grater
6. A large pot

Instructions:

1. Grated 1 bar of soap
2. Put the grated soap in the pot with 2 quarts of water, heat it up and stirring constantly until soap dissolved.
3. Add 1 cup of borax and 1 cup of washing soda, stir until all dissolved.
4. Put the soap mixture in the gallon add hot water.
5. Cover the lid and leave it overnight.
6. Stir well before use, use 1/2- 1 cup per load.
