*CAMP RAHH! 2019*

ZERO WASTE / ALL NATURAL / DIY PRODUCTS

DIY DEODORANT:

For 4 Oz. Jar

4 T melted coconut oil

4 T arrowroot powder or cornstarch

2 T baking soda

10-20 drops your favorite essential oil

Stir all together! Store in a jar with a good seal.

DIY TOOTHPASTE:

2 Heaping TBL of Calcium Bentonite Clay

1/4 tsp pink rock salt

1/4 tsp fresh grounded clove

1 TB activated charcoal powder

10 drops peppermint essential oil

3/4 spoon Stevia Powder

Mix. Keep as powder. To brush, take a little in your palm and add a drop or two of coconut oil and put on your brush. Go for it!

SOAP NUT BASE

2L water

24 soap nuts

Boil to 1/2 the quantity.

Let cool from boil. Then de-seed all the soapnuts and squish all the pulp to get all the goods out and put aside to compost.

Sieve and extract all you can from the pulp.

Fresh for 7-14 days. Can refrigerate or freeze extra.

Do your part! Help free yourself and Mother Earth from unnecessary chemicals! All answers can be found in nature.

Brought to you by Laura Christie Khanna @ The Odd Gumnut Permaculture Farm, Panchgani India. For more DIY and natural living tips, follow us @theoddgumnut