

DIY SELF-CARE RECIPE BOOK



STOP TRASHING IT



Stop Trashing It is a network of individuals behind the low waste moment, aiming to turn awareness into action. We aim to ease habit changes and encourage self-accountability. We focus on cultivating low waste communities by hosting waste reduction workshops and outreach events, creating social media engaging content and running a blog, all while empowering youth ambassadors. Our central idea is simple by eliminating one single-use item at a time, waste reduction is stepwise, realistic and easy. Lowering waste means a smaller environmental footprint because after all, we don't need a handful of people doing zero waste perfectly. We need millions of people living lighter on our planet.

FACEBOOK AND INSTAGRAM : [@STOPTRASHINGIT](#)

WEBSITE : WWW.STOPTRASHINGIT.COM

EMAIL FOR MORE : ALEXA@STOPTRASHINGIT.COM

This DIY self-care product guide has recipes curated from our ambassadors and friends from the Tare Shop. We've chosen our favourite recipes that help keep low waste when it comes to self-care.

Enjoy!

DRY SHAMPOO – ERIC

Steps:

1. Start with 2 Tablespoons of cornstarch.
2. Add your scent.

Scent options:

- (1) For dark hair use cocoa powder or a mixture of cocoa powder and cornstarch/ arrowroot powder. Your hair will smell like chocolate :)
- (2) Add 1 TBS of dried herbs to your base and mix together. Let it sit in a sealed container for at least 2 weeks before sifting out the herbs. Then it's ready to use!
- (3) Essential oils. Depending on your sensitivity, you can use 6-12 drops of essential oils to your base and mix. I always use 6. Always double-check the safety warnings of your oils (ex. If you use citrus oils out in the sun you are most likely going to get burned. The acid interacts with the sun and leaves you vulnerable).

Use: Sprinkle a tiny bit to the crown of head, use fingertips to massage it through the scalp and roots, just like you would a spray-on dry shampoo.

Produces two tablespoons of dry shampoo. Increase quantity as needed.

Helpful tips:

Health Canada advises using no herbs or essential oils while pregnant or breastfeeding. You can talk to your doctor about particular herbs and oils, but they need to have a blanket warning to keep people safe.

Many sites say to use 1 teaspoon of baking soda as a deodorizer but this can dry out the scalp and be overall unhealthy for the hair and scalp so it is not recommended, however, it is an option for those who feel that they need it.



DANDRUFF ELIMINATOR – CHASE

Ingredients:

- Water
- Apple cider vinegar

Steps:

1. Mix equal parts of apple cider vinegar and water in a reusable spray bottle
 - You can use warm or cold water
 - You may have to trial and error different concentrations of apple cider vinegar to water. Dryer hair prefers less vinegar.
2. Spray all over scalp until soaked. Let sit in hair for 30mins-1hr.
3. Rinse from hair.
 - You can decide if you want to wash hair after rinsing but it's not necessary.

Use: Complete this rinse 1-2 times a week until you notice an improvement!

FLAXSEED HAIR GEL – JENN

Ingredients:

- 2 cups water
- ¼ cup Flaxseeds

Steps:

1. Put 2 cups of water in a pot on the stove.
2. Add ¼ cup whole flax seeds.
3. Bring it to a boil, stirring constantly so that the flax seeds don't stick to the bottom.
4. Once at a boil wait for foam to form, while still stirring. Once the foam forms, turn it down to low and let it simmer for about 5 minutes.
5. In the meantime, get a glass bowl with a strainer ready.
6. After 5 minutes pour the flaxseed mixture through the strainer to get the seeds out (some people strain through a pantyhose stocking to really squeeze all the gel out).
7. Let the gel cool before using it. Store in the fridge for up to 3 weeks.

EARTHPASTE – ALEXA

Ingredients:

- 3 tbsp distilled water
- 2 tbsp [bentonite](#) clay
- 1 tbsp avocado oil
- ½ tsp baking soda
- few drops peppermint essential oil

Steps:

1. Mix all together (easy-peasy!)

⚠ Important note: *do not use metal to store or mix the toothpaste! The metal reacts with the minerals in the clay reducing its efficiency.*



TOOTHPASTE – KATE

Ingredients:

- ¼ cup coconut oil
- 2-3 Tbsp baking soda
- 3-5 drops of essential oil

Steps: Combine all ingredients and store in a jar.

FACIAL TONER – ALEXA

Ingredients:

- Equal parts apple cider vinegar and water (start with 1.5oz of each)

Steps: Combine both in a small reusable spray bottle.

Use: After washing your face, spray onto reusable face pad and wipe face clean of stubborn dirt and oils, follow up with a nourishing oil or moisturizer! This recipe works well for people with acne or oily skin - it helps manage breakouts like a charm.

COFFEE FACE SCRUB – JESS

Ingredients:

- 1 tbsp used coffee grounds
- 1 tbsp brown sugar or coconut sugar
- A slice of lemon (or less or more, depending on desired consistency)

Steps:

1. Mix all together in a bowl and store in a container of choice.
2. Wash your face, then rub the scrub onto your face.
3. Let the scrub sit on your skin for a few minutes, then rinse off. Your skin will be left feeling fresh and energized!

ACNE CLEARING MASK – TANISHA

Ingredients:

- 1 tsp bentonite clay
- 1 tsp apple cider vinegar
- 1 tsp water

Steps: Mix ingredients in together a glass bowl with a wood spoon

Use: Apply a generous layer to your face and let it sit for 10 minutes (don't let it dry). Wash off and moisturize.

⚠ Important note: do not use metal to store or mix the mask!
The metal reacts with the minerals in the clay reducing its efficiency.

MOISTURIZING FACE MASK – JENN

Ingredients:

- 1 tablespoon yogurt
- 1 tablespoon raw honey

Steps: Mix together and apply to face. Leave for about 15 minutes, then rinse with warm water.

BODY & SCENT

DEODORANT – ALEXA

Ingredients:

- 1/2 c baking soda (you can use less when starting out if it irritates you)
- 1/2 c arrowroot powder (you can also use cornstarch... but I prefer arrowroot powder)
- 5 tbs unrefined organic coconut oil
- 20 drops of grapefruit essential oil (or another essential oil with antibacterial properties)

Steps:

1. Mix baking soda and arrowroot together.
2. Next add the coconut and essential oils and mix well.
3. Pour into a clean air-tight jar (Homemade deodorant will last 3-6 months in an airtight container).

Use: A pea-size amount is usually good.

HERBAL INFUSED OILS – NIKI

Ingredients:

- A glass jar
- Dried herbs/flowers of your choice
- An oil (olive, jojoba, almond etc.)
- A strainer or nut milk bag

Steps:

1. If you have fresh herbs let them sit in a warm/dry environment first or dehydrate in a dehydrator or the lowest setting on your oven (keep an eye so they don't burn or over-dry!)
2. Fill your jar with your dried herbs of choice

3. Next, fill the jar with an oil of your choice, pouring over and coating the dried herbs, and filling to the brim
4. Place your jar in a warm, dry place. I've stored mine in a box inside a greenhouse, and also on a windowsill that gets plenty of sun and heat. Both options worked equally well for infusion.
5. Allow the infusion to sit in place for at least a month
6. Once your oil has infused for at least a month, you want to strain out all of the herbs. The best options for this are a metal strainer or a nut milk bag. You want to make sure you squeeze as much oil out of the herbs as you can, so use your hands or a jar to push them down in the strainer. The used herbs can be composted.

Helpful Tips:

Oil Options - 90% of the time I use olive oil, though I have also used almond oil when it was my only on hand option. Olive is a great, very nourishing oil, though can be greasy and sometimes may clog pores or cause irritation if you have sensitive skin. Almond is a nice option for oils you plan to use on the face, it's quite gentle and usually reacts well with sensitive and blemish-prone skin. Jojoba is also a great oil to use. No matter which oil you go with, make sure you source a high-quality, sustainably (and if possible organic!) option.

Herb Options - There are tons of options for herb infusions. You can even get creative and combine two or three different herbs to produce oils for different purposes or scent preferences. Check out the Stop Trashing Blog for my post on some of my favorite combinations, go-to choices, and how to get the best out of your oils!



HERBAL SALVES – NIKI

Ingredients:

- 1 oz. of beeswax* (pellets or if using a block, grate 1 oz. for quicker/easier melting)
- 6-8 oz. of herbal oil (strained and fully infused)
- 10-20 drops essential oil (optional)
- A glass jar (short+ wide jars work best)
- Strainer or nut-milk bag
- Water
- Two pots, 1 pot & a metal bowl, or a double boiler
- Water

I've never used it however if you wish to make a vegan salve, carnauba wax is a highly recommended substitute

Helpful Tip: you can adjust this recipe if you want to make a smaller batch or bigger batch, just maintain the wax to oil ratio, otherwise the salve will be too waxy and not as moisturizing.

Steps:

1. First you want to make sure your oil is fully infused and strained. Once your oil has infused for at least a month, you want to strain out all of the herbs. The best options for this are a metal strainer or a nut milk bag. You want to make sure you squeeze as much oil out of the herbs as you can, so use your hands or a jar to push them down in the strainer. The used herbs can be composted.
2. Heat water in your pot until boiling.
3. While this is warming add the beeswax and oils to the second pot/bowl/upper portion of the double boiler.
4. Once the water is warmed set up the above over the water, and slowly stir the mixture until just combined.
5. Once combined, quickly pour your mixture into the glass jar (you want to do this safely but quickly if you are in a cold kitchen as it will begin to solidify quicker than you think!)
6. Allow to sit and solidify, I usually place mine in the shade, on the counter, or in the fridge for a few minutes.
7. Store your salve out of direct sunlight or heat. The best place I've found is in my bathroom cupboard.

Important Note: NEVER try to melt and boil your wax directly in a pot or pan on the oven, it can burn, catch fire, or explode in your face. ALWAYS use a double-boiler system.



BATH SALTS – JESS

Ingredients:

- 2 cups Epsom salt
- ½ cup sea salt
- ½ cup baking soda
- 15 drops essential oils (*feel free to mix!*)
- Dried rose petals, lavender buds or fresh rosemary sprigs (for added fragrance and aesthetics) (*Optional*)
- Food or soap colouring (*Optional*)

Steps:

1. Mix the salts and baking soda together in a large bowl.
2. Add in essential oils, dried flowers and food colouring (optional).
3. Mix together and place in a jar.
4. Pour as many spoonfuls as desired into your next bath
5. Relax and enjoy!

