

# KITCHEN ALCHEMY

*My Favourite*



Zero Waste  
Cosmetic & Cleaning  
Recipes



**VOL. 1**

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# CHAPTER ONE



*Cosmetics*

01

# Minty Fresh Toothpaste

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## INGREDIENTS

- 1/2 cup coconut oil
- 4 tablespoons bicarbonate of soda
- 15 drops essential oil (Peppermint)

## METHOD

In a small bowl soften coconut oil by placing in a warm space

Add bicarb soda and peppermint oil and stir to combine

Place in sterilised jar and seal

## TO USE

Moisten toothbrush under tap

Scoop a small amount with your finger onto the brush

Brush as normal



## INGREDIENTS

- 2 tablespoons of arrowroot powder
- 1 tablespoons bicarbonate of soda
- 1 tablespoon of coconut oil
- 1 tablespoon of shea butter
- 10 drops essential oil (Lavender)

## METHOD

In a small bowl melt all the ingredients except the essential oil over a saucepan of simmering water  
Add lavender oil and stir to combine  
Place in sterilised jar and seal

## TO USE

Apply a small smear to each armpit with your fingertips.



# Peppermint Lip Balm

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## INGREDIENTS

- 2 tablespoons grated beeswax
- 2 tablespoons sheabutter
- 2 tablespoons coconut oil
- 15-20 drops essential oil (Peppermint)

## METHOD

In a small bowl melt all the ingredients except the essential oil over a saucepan of simmering water. Add peppermint oil and stir to combine. Place in a tin or lip balm container with lid off until completely cooled.

## TO USE

Apply a small amount to lips as desired.



## INGREDIENTS

- 1 tablespoons grated beeswax
- 1 tablespoon jojoba oil
- 8-15 drops essential oil/s of choice

## METHOD

In a small bowl melt all the ingredients except the essential oil over a saucepan of simmering water. Add oil combination of your choice and stir to combine.

Place in a tin with lid off until completely cooled.

## TO USE

Use fingertip to warm the perfume and apply to neck, wrist etc as desired.



# CHAPTER TWO



*Cleaning*



# Lemongrass Air Freshener

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## INGREDIENTS

- 3/4 cup filtered water
- 1 tablespoon witch hazel or vodka
- 10-15 drops essential oil (Lemongrass)

## METHOD

Measure ingredients into a clean glass jar  
Put the lid on and give it a good shake  
Use a funnel to pour into a spray bottle

## TO USE

Shake before use and spray over your stored linen to give it a fresh fragrance and keep one handy in the toilet.



# Orange Kitchen Spray

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## INGREDIENTS

- 250ml white vinegar
- 1 orange peeled (eat the orange)
- 1 packet of bicarb soda (put contents in a parmesan cheese shaker)

## METHOD

Place orange peels in a clean glass jar and fill to the top with white vinegar

Leave in a cupboard for a week for the orange oils from the peel to diffuse into the vinegar

Strain into a clean spray bottle

## TO USE

To clean your sink, tubs, basins; sprinkle with bicarb soda and spray lightly with orange kitchen spray. Wait for it to fizz slightly and wipe off with a clean damp cloth.



# Toilet Cleaning Bombs

## INGREDIENTS

- 1 and 1/3 cups bicarb soda
- 1/2 cup citric acid
- 30 drops essential oil/s of choice

## METHOD

In a spray bottle mix 30 drops of each of three complimentary essential oils of your choice  
Combine the bicarb & citric acid in a bowl  
Spray 3-4 squirts of essential oils onto the surface of the dry ingredients, then mix and stir  
Continue to spray and stir until the mixture resembles wet sand and it clumps together in your palm

Fill a silicone mini muffin mould, heart mould or bath bomb mould and press down firmly  
Leave overnight to set then un mould and store in a clean glass container.

## TO USE

Place in the toilet bowl and allow to fizz for a few minutes then use th toilet brush to clean the toilet





Julia Schafer is passionate about sustainable living, believes that the future of food production is urban gardening and is a self confessed power tool princess. After a move to acreage ten years ago for herself, husband Brent and son Lawson she commenced her blog titled Lighter Footprints (formerly Farewell my Manicure).

Not satisfied that she was reaching enough people with her sustainability and urban gardening tips she started a Web TV show on Youtube and social media account on instagram, where she shares videos on ways to leave a lighter footprint on the Planet, urban gardening tips and DIY craft projects.

As a freelance writer she makes regular contributions to Grass Roots Magazine, E-bubble life Magazine and has previously written for Earth Garden and Sustainable Living magazines.

Julia, in her business Suburban Harvest holds educational workshops on gardening, sustainability, beeswax wrap making and DIY cosmetics and offers garden coaching as a side line.

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