



# Deodorant



## How To

1. Make the Coconut oil liquid. Stirring it in the bowl is usually enough. Do it "au-bain-marie" when the coconut oil is really too solid.
2. Mix the bicarbonate of soda and starch evenly. Add some of the liquid coconut oil (not all at once so you can control the consistency better).
3. Mix everything together well until you have a soft, creamy paste. Add more coconut oil if needed.
4. Finally (optional) add in 5 to max 10 drops of essential oil for fragrance.
5. Fill the deodorant cream into a jar - done!
6. To use, simply take a pea-sized amount with your finger. Apply to the armpits and let it absorb for 30-60 sec (don't forget to do the latter to avoid grease stains on your clothes).

## Ingredients

- 3 tsp coconut oil
- 2 tsp. bicarbonate of soda
- 2 tsp. potato starch (or corn or arrowroot starch)
- for the fragrance: 5 to max 10 drops of (100%) essential oil - Such as: Lavender, orange, grapefruit or also eucalyptus.

### Also:

- Bowl
- spoon
- small glass

## Tip

You can find baking soda in the baking department, drugstore or online.

## Why these ingredients?

>> Coconut oil contains a lot of lauric acid, which has an antibacterial and anti-inflammatory effect. It protects the skin from bacteria, germs and fungi. Very fresh sweat doesn't smell at all. But why does it start to smell so unpleasant? It's because bacteria break it down, and that's exactly what coconut oil does.

>> Baking soda also has an antibacterial effect and is an important ingredient in many recipes for homemade deodorants. If you don't have any bicarbonate of soda in your household yet, you should definitely check out the list of versatile uses for this little miracle cure.

>> The starch is used for thickening. If you're feeling experimental, you can also try the recipe with beeswax, carnauba wax or jojoba wax.

>> Essential oils are fantastic for scent and you are free to experiment. However, there are some essential oils that are particularly good for deodorants, including lavender oil, sage oil and clary sage.



# Detergent

## How To

For a good two litres of detergent (under 1CHF!)

1. Grate curd soap with a kitchen grater or cut it into small pieces with a knife (by the way, you can also buy curd soap flakes).
2. Pour water into a pot.
3. Add the soda and grated curd soap, stir with a whisk and boil briefly until everything has dissolved. A high stainless steel pot is best suited for this (foaming!).
4. Leave to stand for an hour and then boil again briefly while stirring.
5. Leave to stand for a further 6-24 hours, the mixture will thicken, even solidify on the surface depending on the soap used. Stir and heat again until everything is liquid again.
6. Allow to cool and optionally add essential oil.
7. Pour the finished detergent into canisters or bottles with a funnel.

\*Reboiling (steps 4 and 5) is optional. It helps the ingredients to combine even better and the finished detergent to settle even less. If you shake it vigorously before each use anyway, you can also save the energy needed to boil it again.

## Further infos

The detergent produced in this way easily replaces much advertised products, is very effective and also completely environmentally friendly. It is used like other liquid detergents. About 150-200 ml of detergent is enough for a normal wash. For white laundry, you can add 1-2 teaspoons of bicarbonate of soda to the machine to maintain the whiteness and prevent greying.



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## Ingredients

- 4 tablespoons washing soda (pure soda / sodium carbonate)
- 30 g curd soap
- 10 drops of essential oil (lavender, lemon grass for example)
- 2 litres of water

Also needed:

Canisters or bottles for storage

## Tip

Soda or washing soda is one of the most useful household aids of all. Whether cleaning surfaces or dirty laundry, descaling or cleaning blocked drains - soda replaces many expensive special products.



# Dishwasher Tabs



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## How To

1. Mix all the dry ingredients together.
2. Gradually add the water (could be slightly bubbly) or the alcohol to the powder mixture and mix it together.
3. If you like, you can add essential oils.
4. Now you can form balls with a spoon / fill the (icecube) moulds and let them dry. Until 24h until is really solid.
5. Carefully press the tabs out of the mould and store them dry in a box.

One tab is used per rinse cycle.

You can also omit the water or alcohol and only use the powder mixture. This way you don't need to wait 24 hours.

## Tips

Washing soda can be bought in the drugstore or online, as can the citric acid powder. You can find baking soda in the baking department, drugstore or online.

First make a small amount and test the powder for a few washes. Depending on the hardness of the water and the degree of soiling, the amount of each ingredient can be adjusted.

## Ingredients

- 100 g washing soda \*
- 100 g bicarbonate of soda
- 70 g citric acid
- 130 g table salt
- 10-20 drops of essential oil of your choice (e.g. lemon, eucalyptus or tea tree)
- 30 g water (better alcohol)

Also needed

- Bowl
- Silicone mould or ice cube mould

\*also called sodium carbonate or pure soda



# Aftershave Water / Toner



## Based on Alcohol

(For 40 ml)

1. Mix all the ingredients together.
2. Fill the finished aftershave into your chosen container for storage.

The high alcohol content ensures that the mixture will keep well for several months. To avoid damaging your skin, you should use a facial toner with alcohol regularly but not daily.

## Milder version

(For 50 ml)

Pour all the ingredients into the container of your choice using the funnel. Shake several times to mix.

This apple cider vinegar-based toner and after-shave is suitable for all skin types. It can also nourish your skin after cleansing. You should shake the mixture briefly before each use. Stored in a cool, dark place, the after-shave will keep for about two to three weeks.

If you feel it is too strong, you can take more (distilled) water and less vinegar.

## Very mild version

(For 35 ml)

Combine ingredients in a small glass container and mix. The aftershave can keep for several months at room temperature.

## Ingredients

### With alcohol

- 10 ml of 40% alcohol (for example vodka, rum or gin)
- 30 ml of water
- 4-6 drops essential oil

### Milder version

- 25 ml apple cider vinegar
- 15 ml Witch hazel water (A care product obtained by steam distillation from the leaves of the witch hazel. It contains skin-soothing and itch-relieving active ingredients. Available in pharmacies or online).
- 4-6 drops essential oil

### Very mild version

- 4 tablespoons of Witch hazel water
- 2 tablespoons of natural aloe vera gel
- 4-6 drops essential oil

Also:

- Skin-care essential oil of choice (bergamot, sandalwood, cedarwood or cypress for masculine scents, lavender or orange for a more feminine note)
- A small glass bottle with a narrow opening or a glass flacon with an atomiser like this One suitable funnel
- A suitable funnel



# All-purpose cleaner



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## Step 1: Orange Vinegar

1. Put orange or other citrus peels in a glass and pour cleaning, table or apple cider vinegar over it.
2. Allow to infuse for 1-2 weeks (can be much longer). The citrus peels should always be well covered with vinegar.
3. Strain and fill into a glass bottle.

## Step 2: Orange Cleaner

1. Heat the water and pour it into the spray bottle.
2. First add 200 ml of the orange vinegar, then the soft soap solution (or the organic dishwashing liquid) - done!

### Ingredients

- Orange or other citrus peel
- Table / apple cider vinegar
- 300 ml water
- 1 teaspoon of soft soap solution (or a few drops of organic washing-up liquid)

#### Also needed

- large glass
- sieve
- Glass bottle / jar
- 500 ml spray bottle

Simply spray the finished orange cleaner onto the surfaces to be cleaned and wipe with a dry household cloth!

## Tip

Use the empty spray bottle of a cleaning agent you finished as a spray bottle.



# Coco-Sugar Peeling



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## How To

1. Mix coconut oil and sugar.
2. Gently massage the scrub into the skin.
3. Leave on for 10 minutes.
4. Rinse well.
5. If any coconut oil remains on the skin, simply massage it in (acts as a body lotion).

Prepare body scrubs fresh each time, as they do not contain any conservation ingredients. The scrub can be stored in the refrigerator for at least 3-4 days.

## Tips

You can also apply this scrub to the face.

Alternatively, you can use white sugar (not as intensive) or raw sugar (has the best rubbing effect, but is not suitable for the face).

## Ingredients

- 2 tbsp coconut oil (room temperature)
- 1 tbsp brown sugar

Also

- small bowl
- spoon



# Toothpaste



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## How To

1. Mix all the ingredients \* in a bowl.
2. Pour the paste into a container - done.

\* The turmeric powder is very interesting, but can stain (e.g. in the sink).

The paste has the same shelf life as coconut oil (1-2 years outside the fridge).

## Tips

>> Baking soda whitens teeth naturally and is available in large quantities at the pharmacy. Please do not confuse with baking powder!

>> Xylitol or xylit is a sugar alcohol naturally sourced from plants and specific trees. It adds a sweet flavor to toothpaste. However, unlike the type of sugar we all know and crave, xylitol does not contribute to cavities and decay.

>> Coconut oil can do everything. It is antibacterial, antifungal and antiviral.

>> Mint oil is cooling, stimulating, stress-relieving and digestive. It simply tastes good and freshens the breath.

>> Turmeric, the miracle root of service, also has a natural brightening effect - even if everything turns yellow at first. It also heals wounds in the gums.

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## Ingredients

- 3 tbsp. coconut oil (room temperature)
- 1 tbsp. sodium bicarbonate
- 5-15 tr. natural peppermint essential oil
- Xylitol / Xylit (or Stevia) to sweeten

Optional: pinch of turmeric powder

Also needed

- small bowl
- Spoon
- small container / jar



# Body scrub with coffee grounds



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## How To

1. Mix the coffee grounds and olive oil well.
2. Gently massage the scrub into the skin.
3. Leave on for 10 minutes.
4. Rinse well.

Always prepare body scrubs like these fresh, as they do not contain conservatives.

## Tips

You can easily dry coffee grounds by spreading them thinly on a baking tray. Then pour it into a container. This way you always have coffee grounds ready.

## Ingredients

- 2 tbsp coffee grounds (dried or otherwise fresh from the machine)
- 3/4 tbsp. extra virgin olive oil

also:

- small bowl
- spoon