



## **Green Office - Do It Yourself Workshop**

Making your own deodorant, dry shampoo, laundry detergent and dish soap from natural and environmentally friendly ingredients.





## **Coconut oil deodorant creme**

### Ingredients:

1. 3 teaspoon coconut oil
2. 2 teaspoon bicarbonate of soda
3. 2 teaspoon potato starch
4. ~10 drops essential oil

### Preparation:

1. Melt the coconut oil in the microwave
2. Mix natron and the potato starch
3. Add only some of the coconut oil to control the consistency and stir well
4. Add the rest of the coconut oil
5. Add the essential oil and stir until you have a creamy paste

### Use:

Take out a pea-sized portion and spread it under your armpits.



## Laundry detergent

### Ingredients:

1. 4 tablespoons soda
2. 30g curd soap
3. ~10 drops essential oil (e.g. lavender, lemon grass etc.)
4. 2l water

### Preparation:

1. Grate the curd soap or cut it into small pieces
2. Pour the water into a pot
3. Add the soda, the curd soap and the essential oil and stir well until the curd soap and the soda have dissolved

### Optional:

4. Let it sit for an hour and boil it again
5. After 6-24 hours bring it to a boil again. The detergent may have thickened, so stir it well

The additional boiling helps improve the consistency. Shaking it before using it also helps.

### Use:

Use it like any other liquid laundry detergent

### Note:

This detergent is only suited for non-animal fibers (so **not** silk and wool).



## **Dry Shampoo**

### Ingredients:

1. 2 heaped tablespoons corn or potato starch
2. 1 teaspoon bicarbonate of soda
3. 1 heaped teaspoon cocoa powder or cinnamon

### Optionally:

1. ~3 drops essential oil as a scent (e.g. lavender, mint, tea tree oil, etc.)

Note: Add the cocoa powder for brunettes, and the cinnamon for red-heads. Blondes do not need to add either ingredient.

### Preparation:

1. If wanted, sieve the dry ingredients to avoid clumps
2. Simply mix the ingredients
3. Add the essential oil and stir again

### Use:

Pour some of the dry shampoo in your hair, especially at the roots and brush it out.

Brushing with your hair over your head will give your hair more volume.



## **Dish Soap**

### Ingredients:

1. 25g curd soap
2. 2 teaspoons bicarbonate of soda
3. 500ml water
4. ~5 drops essential oil

### Preparation:

1. Grate the curd soap
2. Bring the water to a boil and leave it on hot
3. Add the grated soap and stir until it dissolves
4. Add the essential oil
5. Add the bicarbonate of soda
6. Stir very well until everything is dissolve
7. Pour it into a container of your choosing
8. Shake well. If it solidifies also shake it before using it

### Use:

Use it like any other dish soap.