



# DIY workshops with RespON

Recipes ‚Do It Yourself‘

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## Washing powder

### Basic content:

100 g grated coconut soap

360 g soda for washing

- mix together (1 washing dose is 70 g)

### Add for white cloth:

1 spoon of percarbonate

if washing at 40 or less degrees, add also TEAD  
(tetraacetylenediamine)

## Dishwasher detergent

100 g soda for washing

100 g baking soda

50 g citric acid

50 g salt for dishwasher

plus salt for the tray and vinegar for the  
polish agent

or

200 g percarbonate

50 g citric acid



## Dry shampoo

1 part of corn starch  
1 part of cocoa, to be adjusted according to hair colour  
a drop of essential oil, for example lavender

**- mix all together**

## Powder deodorant

2 spoons of starch  
2 spoons of white clay (alternatively soda)  
can be added: powder sage and essential oil (EO)

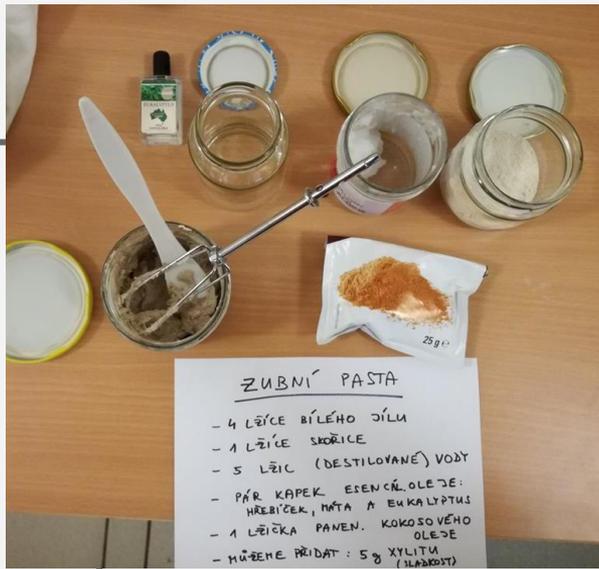
**- mix all together**



## Toothpaste

- 4 spoons of white clay
- 1 spoon of cinnamon
- 5 spoons of distilled water
- couple of drops of EO  
cloves, mint and eucalyptus
- 1 teaspoon of virgin coconut oil
- 5 g xylit (not necessary, but it is great)

- mix all together



## Glass polishing agent

- 1 part of vinegar
- 1 part of distilled water
- 1 part of alcohol

- mix all together





## Solid deodorant

- 1 teaspoon of coconut oil
- 1 teaspoon of wax
- 1 teaspoon of cocoa butter
- 1 teaspoon of baking soda
- 1 teaspoon of starch

couple of drops of EO(s) – women lavender and tea tree, men cedar tree (alternatively bergamot) and tea tree

**Melt wax and butter in water bath. As soon as it is melted, pour coconut oil and take off from the hotplate. Pour soda and starch into the liquid mix, drop EO(s). Stir fast but properly and pour into a form.**

## Mouthwash

- 20 g sage
- 20 pieces of cloves
- half a teaspoon of baking soda
- couple of drops of EO  
eucalyptus and tea tree

**- make bouillon from sage and cloves and then mix together**

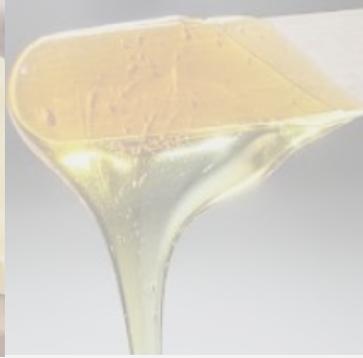


## Softener

250 ml of water  
250 ml of vinegar  
(preferably wine vinegar, otherwise  
rather do not use for white cloths)  
10 drops of EO, selected fragrance

**- mix all together**





## Waxed napkin

cloth

beeswax

baking paper

- iron wax over the baking paper on the fabric

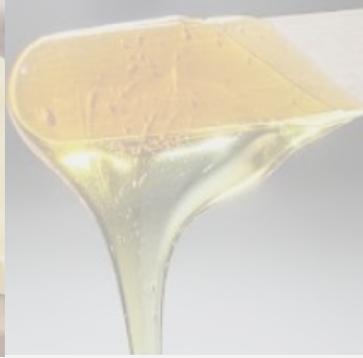


## Candle

150 g of beeswax  
30 g of coconut oil  
1 teaspoon of EO  
wicks

- needed to be heated up





## Glue

1 part of corn starch  
1 part of water

- mix together

## Bags from net curtain/ canvas/ cotton

remainders of cloth/ net curtains  
thread

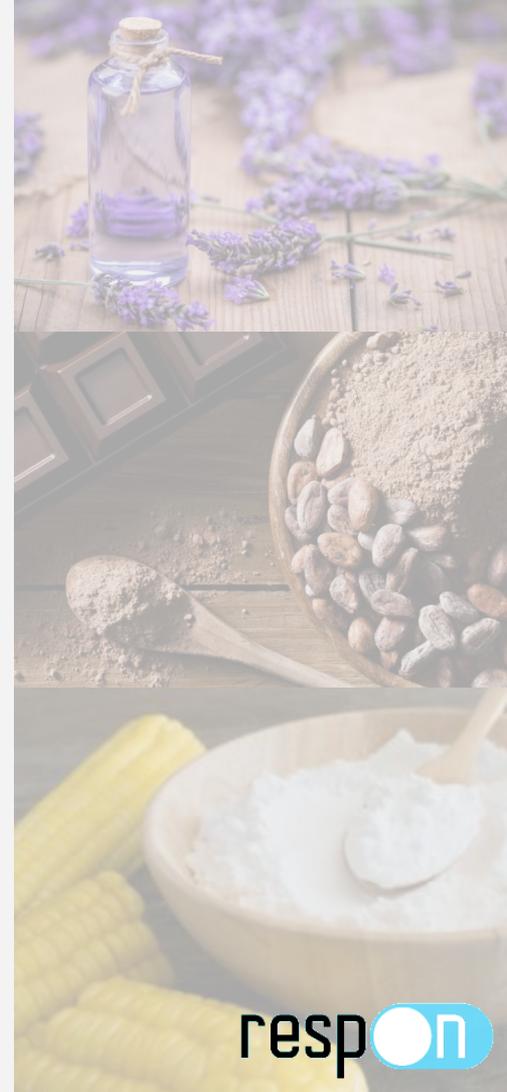
- preferably have a sewing machine, otherwise it will take long

## Perfume

various EO (essential fragrance, medium tones, distinctive  
scent)

alcohol (or emulsion and water)

- mix gradually



## Toilet

### Toilet bowl disinfection:

half a cup of sodium percarbonate –  
pour boiling water and clean with toilet  
brush

### Toilet seat disinfection:

10% citric acid solution (10 g citric  
acid plus 90 ml water)



## Micellar Water

200 ml rose water

½ teaspoon liquid vegetable glycerin

½ teaspoon oil, such as argan, jojoba, sweet almond, grapeseed

*+ optional:*

a few drops EO, such as rose, lavender, or tea tree

⅛ teaspoon lecithin, granular or liquid

- **Add all ingredients to a bottle (preferably dark), close it and mix it well**
  - **Or mix in a bowl**



## Winter lip balm

### Ingredients for 30 ml

- 1 teaspoon of raw **beeswax**
- 1 teaspoon of **shea butter**
- 1 teaspoon of **castor oil**
- 1 teaspoon of **liquid honey**

**Melt** all ingredients in a bowl set into a double boiler (a larger pan with hot water). Outside the hotplate, **stir** energetically with a whisk. When the mixture becomes translucent, **pour** into a little jar. Use up within 6–9 months.

[Original source \(in French\)](#)

## Lotion bar

- 1 part **beeswax** (melted, can be substituted by carnauba wax)
- 1 part **sweet almond oil**
- 1 part **coconut oil** (melted, can be substituted by shea butter)

Melt beeswax in a double boiler. Gently **stir** in coconut oil and sweet almond oil (with a spoon used only for beeswax crafts) and keep going until the coconut oil is melted. Pour the melted mixture into **moulds** and allow to set for a few hours.

[Original source](#)

