

CALENDULA & COMFREY OINTMENT RECIPE

Recipe link

<http://www.abc.net.au/gardening/stories/s3569137.htm>

Ingredients

- 20g pure beeswax
- 95 ml olive oil
- 30 ml calendula-infused oil
- 30 ml comfrey leaf-infused oil
- Capsule of Vitamin E oil
- Cooking thermometer
- labels
- 7 x 25g amber glass jars with lids

Method

In a double boiler, melt the beeswax to 65 degrees celcius, carefully watching the thermometer. **It's important to watch closely, because beeswax doesn't boil, but goes straight to flash point and bursts into flame!**

Mix the oils together and bring to the same temperature on another double-boiler. This allows the oil and wax to emulsify, rather than separate into two distinct parts. When melted, pour the liquefied beeswax into the oil mixture, constantly stirring with a spatula as it helps to spread the heat evenly into the mixture.

Keep the base of the container in a basin of warm water to allow the ointment to set gently, without separating. Whilst still warm but starting to become opaque, pour into jars and seal immediately. The cooling mixture will form a seal.

Label the jars with a description, ingredients and the date the ointment was made.

How to Use

This ointment will be soothing and moisturising for any scratches, irritated skin, burns, minor abrasion, cuts, grazes, dry skin, etc.

Apply liberally as needed.

Herbal Infusion

With the dried flowers (calendula) or leaves (comfrey), Use one part of the dried herb to two parts of infused olive oil. Add a cup and a half of the dried flowers or leaves, then pour in three and a half cups of olive oil. This will sit for 8 - 10 weeks in a dark place.

After infusing, she then strains out the plant matter with a cotton filter in a colander. Voila - herb-infused oil!



Miracle Spray

Recipe Link: Recipe link

<http://www.debtfreecashedupandlaughing.com.au/2012/05/miracle-spray.html>



Uses: General Household cleaning spray, bathrooms and toilets, fabric stain remover (great for collars, cuffs and whites, floor cleaner

Ingredients:

1.5 litre water (1 cup boiled)

300ml vinegar

60ml dishwashing liquid

25ml eucalyptus

3 dessertspoons "Lectric" soda (washing soda)

Method:

Mix washing soda with about 1 cup boiling water to dissolve, add remaining ingredients, pour into a 2 litre bottle (I use the vinegar ones). That's it folks!!!

Decant into spray bottle as required (Will 'clog' some spray nozzles so rinse in warm water after use)

Remember to test miracle spray or any new product on a small patch of fabric or surface in a discreet area before use.

Cheapskates washing powder

Link to recipe:

http://cheapskates.com.au/docs/washing_po.pdf



Uses – Washing Machine Powder

Ingredients:

- 1 Bar Laundry Soap – grate using zester/grind in food processor to fine powder
- 1 cup washing soda
- 1 cup Borax

Method:

Add 3 powders to bowl/container – mix to combine.

Keep in a box/container

USE 2 TEASPOONS PER WASH

NOTE: If you use your grey water on your garden substitute Borax for Bicarbonate Soda

Coconut Oil Deodorant Ingredients

- 6 T coconut oil
- 1/4 cup (4 T) baking soda
- 1/4 cup (4 T) arrowroot or organic cornstarch
- essential oils (optional)



Instructions

1. Mix baking soda and arrowroot together in a medium sized bowl.
2. Mash in coconut oil with a fork until well mixed.
3. Add oils if desired.
4. Store in small glass jar or old deodorant container for easy use.

Shaving Oil

Ingredients

- Olive Oil
- 2-10 drops of peppermint essential oil



Instructions

1. Fill (to near brim) small container (eg. Travel cosmetics bottle) with olive oil.
2. Add 2 drops peppermint essential oil per 50ml container.
3. Shake and use in place of shaving foam or creams.

Please ensure you test these products on a small patch of your skin before use.

'Green' Household Cleaning Tips



Floors: Miracle Spray onto stains (test surfaces such as wood and don't leave on porous surfaces for a long period of time) – great used in combination with a steam mop or microfiber mop.

OR - Add ½ cup miracle spray to your mop water bucket

Benchtops: Miracle spray, cloth and hot water or sprinkle bicarb and wet cloth with vinegar for stains/dirty benches.

Windows: Window Squeegee and hot water or little vinegar added to water

Oven and stovetop: Whilst your oven is still warm (not hot) use your scraper to remove large burnt on spills. Sprinkle bicarb over the oven surface (bottom). Using white vinegar in a spray bottle – spray bicarb and sides of oven with vinegar until all the bicarb is wet and starts bubbling. Close oven and let this mixture sit for 30 mins. Then use your scraper to remove grime. Finish by wiping out residue with hot water. For stove tops apply the same method (be careful not to sprinkle Bicarb directly onto gas burners). Half a lemon is also a great 'scourer' when dipped in bicarb soda and used to wipe grime.

Shower/Basin – remove soap scum and mould with miracle spray (Leave 10 mins after spraying). Stubborn grime/mould in grout/silicone may need some scrubbing). Rinse with water. Spray tiled surfaces (not glass screens) with Oil of Clove spray to deter mould growth.

OR – sprinkle bicarb and spray vinegar. Rinse to remove grime and residue.

Toilets – Sprinkle Bicarb into the bowl to remove stains. Can also spray vinegar onto the Bicarb. OR use miracle spray to clean all surfaces.



Stain Remover/Soaker for clothes (always test any fabrics first in an inconspicuous place)

Miracle spray is a great stain remover/soaker for clothes – particularly oily/grimy stains.

If you are unsure about stain removal on a fabric always use cold water first – hot water can 'fix' stains. Then try some pure soap.

Carpet deodoriser – mix a couple of drops of your favourite essential oil with a cup of bicarb in a paper bag or container and sprinkle over carpet before vacuuming. Vacuum as normal.

De-humidifier – place plastic container (eg. clean yoghurt pot) with a cup of bicarb soda in a toilet, cupboard, wardrobe, under bed where humidity can build up. Can also mix in a couple of drops of essential oil. Replace every six months or more regularly in humid weather.

Remove mould in bathrooms and on paintwork – scrub with bicarb to remove mould, wipe away with water and then spray to deter regrowth with Oil of Cloves spray

WARNING – Oil of Cloves is EXTREMELY potent oil. Only use diluted as instructed (1 teaspoon per LITRE)

Do not spray onto plastics, fabrics and other pervious surfaces without first patch testing!

OUTSIDE ANT CONTROL: Mix a paste of 50:50 borax and sugar or 50:50 borax and honey and place in old lids or wipe onto a piece of cardboard and place next to the nest. Will take a few days for ants to take the borax back into their nests. Replace once the paste has dried up every few weeks. **CAUTION: Borax is poisonous to children and some pets so place out of range of small and furry creatures.**

Clove Oil Mould Spray

Ingredients

250ml cold water

1/4 teaspoon oil of cloves



Clove oil spray uses

Clove oil is a very strong and powerful anti-fungal/anti mould agent. To keep mould from growing on grout, showers, windows etc make up a very dilute solution (1 teaspoon per litre is all that is required).

NEVER USE OIL OF CLOVES WITHOUT DILUTION

NOTE: Clove oil burns plastic and stains some fabrics so only use in a very dilute form and be careful!

Do not spray onto plastics, fabrics and other pervious surfaces without first patch testing!

This spray is also really effective for deterring ants inside the home if sprayed where they are entering and moving around

(only on hard surfaces – not on carpets or fabrics as it can stain).