



EASY ZERO WASTE BEAUTY

*Your guide to simple, all natural and
low waste personal care*



CONTENTS

Introduction .4

Hanna Pumfrey on founding Acala and Zero Waste Living

How to DIY safely .6

The rules and regs

Why DIY Beauty .8

Once you go DIY you never go back

Raw Ingredients .10

Natural Beauty Hacks

Skincare Recipes .12

Know your skin type and customise simple recipes that are right for you

Haircare Recipes .36

Get happy hair with our natural low waste recipes

Bodycare Recipes .42

Invigorating scrubs, soaps and much more using waste materials

Dental Care Recipes .54

Get minty fresh breath that doesn't cost the Earth

Acknowledgements .57

A still life composition on a white surface. In the center, a mortar and pestle are partially visible, with a blood orange being ground. Surrounding the mortar are several slices of blood orange, a whole blood orange cut in half, and scattered rose petals. Sprigs of thyme are also scattered around the fruit. The lighting is soft and natural, creating a clean and fresh aesthetic.

INTRODUCTION

This guide is designed to start you on your journey to zero waste personal care. In a world full of overwhelming choice, where we are constantly being told to consume more and more, this guide takes it back to basics to offer you simple, 100% natural ingredients and recipes that are good for both people and planet.

A NOTE FROM HANNA PUMFREY, ACALA FOUNDER

Acala is a plastic and waste free health and beauty platform for those looking to reduce waste in their personal care routines. Offering an extensive range of natural, organic and vegan health and beauty products from leading brands, all responsibly packaged in refillable, recyclable and biodegradable packaging.

‘When I founded Acala I had one thing in my mind; to make it as simple and as easy as possible for people to buy their personal care products naturally but also in packaging that wasn’t harmful to the environment. The wellness trend is huge, and it’s absolutely amazing to see people owning their own wellbeing by educating themselves on how to keep their bodies and minds happy and healthy.

As a child growing up in the Norfolk countryside with a mother who owns her own gardening business we were always in the outdoors learning about different plants and herbs and how to use them in everything from food to medicinal remedies. I believe we need to take the next step in this amazing wellness movement towards products and personal care routines that are good for both us and the planet. For me that means simplifying our routines, learning from mother nature and making the most of what she has to offer in a way that preserves resources for generations to come.

We can do this by choosing to buy from beauty brands that are committed to sustainable supply chains, all natural products and responsible packaging. We can also take it back to basics and learn how raw ingredients can be used as they are in super simple homemade recipes that eliminate the need for single-use packaging, as well as help us to use less.

In writing this e-book I have loved discovering the ingredients that are right on my doorstep, or should I say in my cupboard, and have so many wonderful uses just in their natural form. This book is the result of my experimentation with these raw ingredients to find simple, mostly just three ingredient recipes that can be whipped up in five minutes to suit our busy schedules.

You’ll note that many of the recipes in the e-book use very similar ingredients, this was a conscious decision to help readers to reduce costs as well as buy in bulk to reduce waste. [You can shop most ingredients and containers referenced in the book on Acala.](#)

From the whole Acala team, thank you for reading and for being part of this movement for a better future for both people and planet. Happy DIY-ing!



DIY SAFELY

DIY beauty is hugely empowering. It's a skill. Learning to create beautiful natural formulas from flowers, leaves, herbs, seeds and berries that can have hugely beneficial effects on both your skin and internal wellbeing puts you in control of your personal care routine and allows you to tailor it to exactly what your body needs. But with a quarter of women suffering a skin reaction after taking skincare advice from the internet it's important to make sure you DIY safely.

So before you get started, take a look at these four rules designed to help keep you safe.



1. It's a fridge life

One of the beautiful things about DIY beauty products is that they're unpreserved. While this means that they're 100% natural, it also means that they have a shelf-life (or fridge life) of no more than two days.

Unpreserved beauty products are great for your skin as long as they don't contain water and are kept in the fridge for the two days you are using them. Storage is also super important. The products you buy instore can be kept at room temperature because they are preserved. The products you make at home need to be kept cool, much like your fresh food.

2. Using essential oils

Essential oils are an amazing ingredient containing high concentrations of chemical compounds found in plants. They're a staple of many DIY skin and hair care recipes. The rule? Use essential oils wisely and never straight onto skin as they can cause irritation in their undiluted form. Dilute them with a carrier oil such as almond, coconut, olive or sunflower oil and always double check recipes that use high percentages of essential oils. As always, it's important to spot test any product on a small area of skin such as the arm to see how it reacts.

3. Some things you just don't DIY

Homemade sun protection is one to steer clear of. It is not possible to achieve a safe Sun Protection Factor (SPF) with a DIY recipe. This is because ingredients such as zinc oxide clump in the formula meaning the coverage of SPF is not evenly distributed through the cream.

Making sunscreen is complicated, challenging and expensive. It's one to leave to an expert as it requires rigorous lab and consumer testing to ensure it is safe and effective. [Shop natural skincare in responsible packaging on Acala.](#)

4. Green Beauty is Clean Beauty

Sterilisation of your jars or bottles before using them at home for your DIY recipes is really important. Starting with a clean jar or bottle means your formula will stay fresh and bacteria free. Washing them with soapy water and then soaking in a pan of boiled water for 15 minutes will do the job. [Shop reusable glass bottles and jars on Acala.](#)

The image features several fresh green dill sprigs with feathery leaves, arranged around the text. One large sprig is positioned at the bottom, extending from the left towards the right. Other smaller sprigs are scattered in the top-left and top-right corners. The background is a plain, light-colored surface.

WHY DIY

***'Green is the prime color of the world, and that
from which its loveliness arises.'
~ Luca Calderon de la Barca***

WHY GO DIY WITH PERSONAL CARE PRODUCTS

There are two main reasons to go DIY with your beauty regime; waste reduction and avoiding toxic chemicals.

In the beauty industry, fancy packaging is a sign of product success. Did you know that lipstick cases are weighed down so that they feel expensive but become un-recyclable? The jazzier a product's packaging, the more waste has been created.

120 billion units of packaging are produced every year by the global cosmetics industry. The cardboard that envelops perfumes, serums and moisturisers contributes to the loss of 18 million acres of forest each year. While 90% of us recycle kitchen waste, 50% of Brits don't recycle bathroom waste such as shampoo, conditioner and shower gel bottles simply because it's inconvenient, meaning 2.7 billion plastic bottles hit landfill every year. If this level of consumption continues, by 2050 there will be 12 billion tonnes of plastic in landfills, the equivalent to 35,000 Empire State Buildings.

Take a look in your bathroom cupboard and makeup bag, how much of what's in there do you use on a daily or weekly basis? Are you repurchasing items that are half full but have gone out date? By switching to DIY solutions we can make just as much as is needed in a reusable jar and start to eliminate this waste.

It doesn't need to be complicated. With this book we hope to inspire a beautifully natural routine that's amazing for your body, takes very little time to do and creates little waste.

Natural is key. Our skin absorbs up to 60% of chemicals found in commercial products straight into our blood stream. Parabens, parfums, SLS, triclosan, BHA, coal tar dyes, formaldehyde, heavy metals, petroleum, and the list goes on. These chemicals all cause harm to both our bodies and the environment.

Making products at home allows you take control of what goes into your products and consequently into your skin and body. Think about it in the same way as making your own food from scratch. You choose food ingredients that are good for your body and lifestyle. Why not do the same for your skin? In this guide you'll find many simple three ingredient recipes that you can customise with the essential oils of your choice to create the formula that's right for you and your skin. [Shop all the ingredients you need to make these recipes on Acala.](#)

RAW INGREDIENT BEAUTY HACKS



1. Aloe Vera

Use it straight from the leaf or out of the jar, aloe is famed for its healing properties. Wonderfully soothing when applied directly to wounds or burns it moisturises skin whilst it heals. It can also help in the treatment of scalp conditions such as dandruff and psoriasis. Just massage the gel directly onto wet hair.

2. Apple Cider Vinegar

A love it or hate it ingredient, the benefits of Apple Cider Vinegar should not be overlooked. Use it on hair as natural detangler that adds shine or as a toner to leave skin even and fresh.

3. Oils

Argan and jojoba oil straight from the bottle as a cleanser, nourishing moisturiser and conditioner. Coconut oil is also great as a deep conditioning treatment for hair, hands and feet. Apply it directly to armpits as a deodorant or to lips as a balm.

Tea tree oil is a wonder ingredient. Use it directly onto your face to heal breakouts, eczema, stings and bites. It can also be used as a deodorant, face wash and insect repellent.

4. Sea Salt

The naturally occurring minerals in sea salt make it a great anti-inflammatory that can be added to a bath to rehydrate and soothe muscles. You can also add it to your carrier oil of choice to create a gentle face or body scrub.



DIY SKINCARE

Our skin is the body's largest organ. It acts as our protection and barrier to the outside world, yet 60% of what we put onto our skin is absorbed straight into our blood stream.

Caring for your skin directly affects your overall health. In the same way that so much of our skincare products end up being washed away into our waterworks and back into nature. Now is the time to get to know and nourish your skin in a way that promotes both your health and the planets.

DISCOVER YOUR SKINTYPE

Everyone is unique and this is also true of our skin. When creating your personalised skincare routine the first step is to understand your skin type and any conditions you may be experiencing. Understanding your skin enables you to create products that work well for you and your health. Use the handy chart below to discover your type and conditions.

<i>Skintype/ Condition</i>	<i>Appearance</i>	<i>Area</i>
<i>Acne</i>	Blocked pores and blackheads Painful and deep spots Feels bumpy and inflamed Scarring	All of face
<i>Breakout</i>	Flaky Blocked pores and blackheads Bumpy and inflamed	T-Zone and Jawline
<i>Combination</i>	Medium sized pores Shiny on T-zone and chin Prone to blackheads in T- zone Dry/balanced on rest of face	All of face
<i>Dehydration</i>	Bumpy Dull and flaky Tight and itchy Fine lines	Forehead, cheeks and jaw
<i>Dry</i>	Dull Fine lines Feels tight and itchy Prone to flaky, dry and red patches Tight pores	All of face
<i>Mature</i>	Fine lines and wrinkles Loss of elasticity Uneven, loose and dull appearance	Around the eyes Nasal folds Jaw Cheeks

<i>Skintype/ Condition</i>	<i>Appearance</i>	<i>Area</i>
<i>Balanced</i>	Pores barely visible Blemish free Even texture and tone	All of face
<i>Oily</i>	Enlarged pores Shiny all over Breakout prone	T-zone
<i>Rosacea</i>	Redness in centre of face Bumpy breakout prone Reactive	Forehead/nose/ cheeks/chin
<i>Sensitive</i>	Red and flushed Fair skin with a fine texture	All of face

SKINCARE RECIPES

Whether you're into your balms or your oils, your scrubs or your masks, or a bit of everything we've got some simple, easily customisable recipes to suit every skin type. The beauty of homemade skincare is that you can experiment to discover exactly what works best for you and your skin. What's more, these recipes are all designed to use just a few ingredients or items many of us already have in our cupboards so that you can be skin happy without it costing the earth.

Ultimate Brightening Face Paste

This skin brightening face mask is wonderful for anyone suffering from acne, breakouts or rosacea as it helps to eliminate blemishes, spots and uneven skin tone. The combination of ingredients are anti-inflammatory and work to bring out a natural glow in your skin. This recipe makes enough for one mask.

prep: 5 minutes
makes: 1 mask

INGREDIENTS

- 4 tablespoons of rice milk
- 1 teaspoon of bentonite clay
- ½ teaspoon of turmeric powder
- handful of mint leaves (advised but optional)

HOW TO

1. Mix the rice milk, clay and turmeric in a bowl.
2. Roughly tear and add the mint leaves.
3. Apply to face, leave for ten minutes and then wash off with warm water.

* Turmeric stains so do in old clothes/clothes-less

Gentle Kaolin Face Paste

Gentle clays like kaolin are perfect for those with sensitive skin. This beautifully nourishing recipe uses geranium oil for its healing and soothing properties but you can customise this recipe by switching it out for your essential oil of choice.

prep: 10 minutes
makes: 100g

INGREDIENTS

- 100ml kaolin clay
- 1 teaspoon arrowroot powder
- 2 drops geranium essential oil
- Water

HOW TO

1. Mix arrowroot powder and essential oil until the oil has been absorbed.
2. Add the clay and whisk until blended.
3. To use, add water a tablespoon at time and mix until a smooth paste forms. Apply to a cleansed face avoiding eyes, lips and nostrils..
4. Leave on skin for 10-15 minutes and then wash with warm water.
5. Follow with toner and moisturiser as preferred.

Two Minute Mask

This is the ultimate convenience face mask for the busy bees. Taking no more than two minutes to prepare, this recipe makes just enough for one face mask so you'll be left detoxed and without any waste. Bentonite clay is a brilliant detoxifier; working to draw out impurities leaving your skin feeling super soft and looking bright and even in tone. Brilliant for all skin tones except those with rosacea and those with very reactive/sensitive skin.

prep: 2 minutes
makes: 1 face mask

INGREDIENTS

- 2 tablespoons of bentonite clay
- Water

HOW TO

1. Place the bentonite clay into a bowl and mix in water a tablespoon at a time until a paste forms.
2. Apply to face and leave for 10-15 minutes.
3. Wash off with a face cloth and warm water.
4. Apply toner and moisturiser as preferred.

The Detoxifier

Paste yo face with the detoxifier- another super simple recipe that's brilliant for those living in big cities or areas where pollutants are high. Our skin is a major absorbent of environmental pollutants which can cause both dermatological and health challenges so it's important to adapt our skincare routines accordingly. This a more abrasive recipe than the others in this section so if you suffer from very sensitive skin try replacing the apple cider vinegar with water.

prep: 3 minutes
makes: 1 face mask

INGREDIENTS

- 1 tablespoon activated charcoal
- 1 tablespoon bentonite clay
- Apple cider vinegar

HOW TO

1. Place the bentonite clay and charcoal into a bowl and mix in apple cider vinegar, a tablespoon at a time, until a paste forms.
2. Apply to face and leave for 10-15 minutes.
3. Wash off with a face cloth and warm water.
4. Apply toner and moisturiser as preferred.

Super Simple Scrubby Goodness

This super simple face scrub is great for all skin types. The anti-inflammatory properties of the oatmeal exfoliate without irritating the skin. The antioxidant Vitamin E found in almonds works to rejuvenate the skin leaving it soft and balanced tones except those with rosacea and those with very reactive/sensitive skin.

prep: 5 minutes
makes: 60g of scrub

INGREDIENTS

- 30g of oats
- 30g of almond flour
- Jojoba Oil

HOW TO

1. Mix oats and almond flour in a bowl.
2. Add jojoba oil a teaspoon at a time until a paste forms.
3. Rub onto face in gentle, circular motions. Wash off and moisturise.

This recipe can be customised by skin type to create an everyday exfoliator that's perfect for your skin type. Just switch out the almond flour for one of the ingredients below depending on your skin type:

Dry skin: 30g of powdered coconut milk - the coconut milk will soften and nourish dry skin.

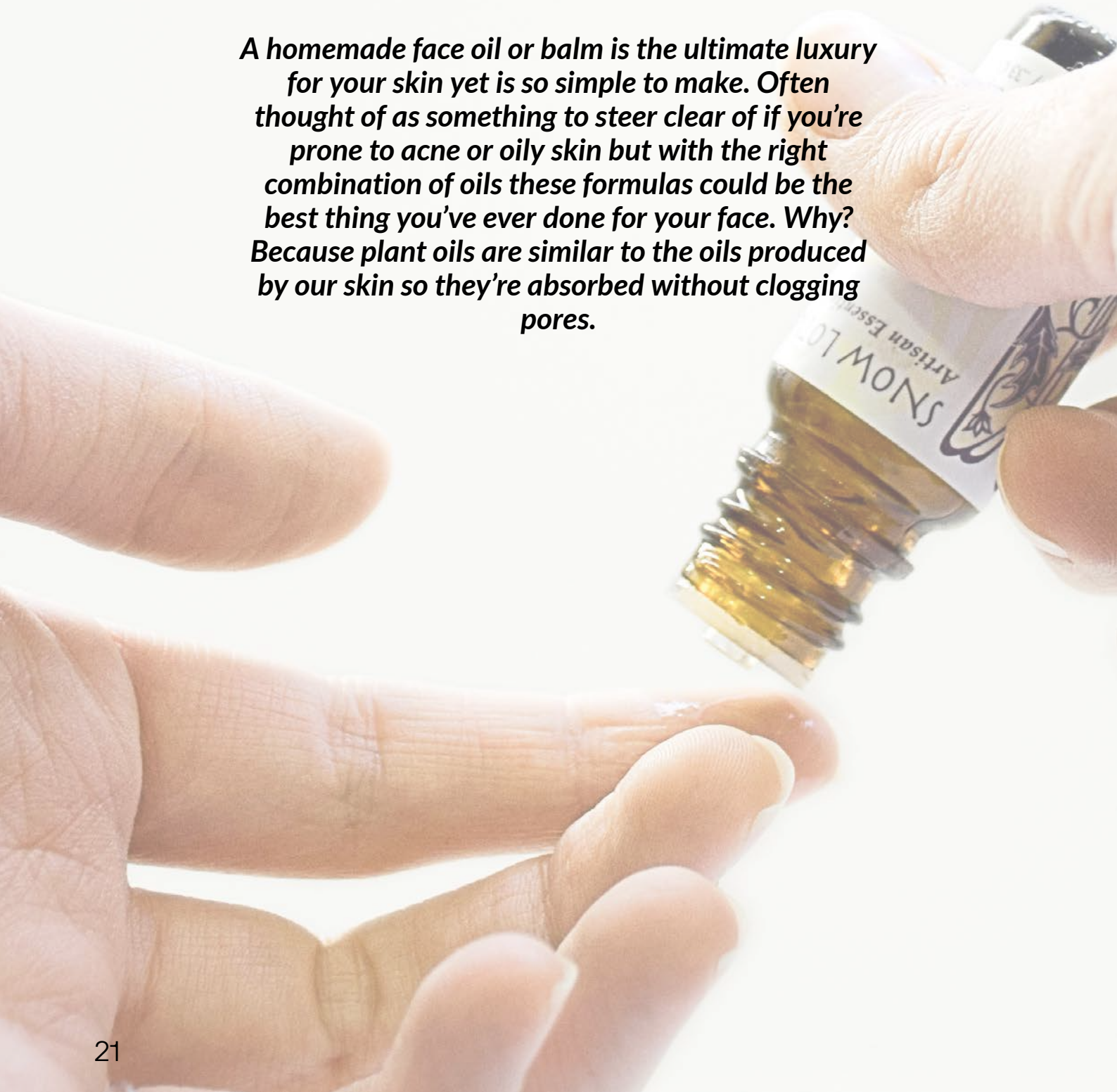
Oily/ acne or breakout prone skin: powdered honey - honey is antibacterial and wonderfully healing for acne prone or oily skin types.

Sensitive Skin: Chamomile flower (or from a chamomile tea bag) - chamomile acts to calm sensitive skin. Just grind the contents of an emptied tea bag and add to the oats.

FACE BALMS & OILS

Whether you're into your balms or your oils we've got two simple, customisable recipes that will have your skin glowing with goodness in no time.

A homemade face oil or balm is the ultimate luxury for your skin yet is so simple to make. Often thought of as something to steer clear of if you're prone to acne or oily skin but with the right combination of oils these formulas could be the best thing you've ever done for your face. Why? Because plant oils are similar to the oils produced by our skin so they're absorbed without clogging pores.



A FEW TIPS ON USING FACIAL OILS

Before trying out a recipe with essential oil combinations make sure you're happy with your base oil. Trial your base oil on its own for a month or so initially to see if it works well for your skin. [Shop base oils on Acala.](#)

Then start simple with just one essential oil. As you get a better understanding of your skin you can start to combine essential oils. When combining oils always research the combination thoroughly and maintain the same carrier oil to essential oil ratio.

We wouldn't recommend using coconut oil on the face as it is quite heavy and linked to blocked pores

Store your oil [in this 30ml glass bottle with a dropper](#) and [balms in an airtight container.](#)

Always apply facial oil or balm to a cleansed face. [We love these reusable hemp wipes.](#)

CARRIER OILS

	<i>Anti-inflammatory</i>	<i>Anti-ageing</i>	<i>Anti-oxidants</i>	<i>Anti-bacterial</i>	<i>Anti-septic</i>	<i>Protective</i>	<i>Firming</i>	<i>Improv. Circulation</i>	<i>Calming</i>	<i>Healing</i>	<i>Hydrating</i>	<i>Non-greasy</i>	<i>Softening</i>
Argan Oil all skin types		●								●	●	●	
Avocado Oil dry/mature skin			●							●	●		●
Apricot Kernal Oil dry/mature skin	●			●							●		
Sweet Almond Oil acne, dry, mature				●							●	●	
Hemp Seed Oil all skin types			●	●							●	●	
Jojoba Oil all skin types/oily/acne				●								●	
Grapeseed Oil balanced/oily/acne breakout prone skin	●								●	●			●

ESSENTIAL OILS

	<i>Anti-inflammatory</i>	<i>Anti-ageing</i>	<i>Anti-oxidants</i>	<i>Anti-bacterial</i>	<i>Anti-septic</i>	<i>Protective</i>	<i>Firming</i>	<i>Improv. Circulation</i>	<i>Calming</i>	<i>Healing</i>	<i>Hydrating</i>	<i>Rejuvenating</i>	<i>Balancing</i>
<i>Evening Primrose</i> acne/dry/mature	●					●			●	●		●	●
<i>Lavender</i> balanced/oily/dry/acne					●	●							
<i>Tea tree</i> acne/breakouts/oily	●			●	●				●				
<i>Peppermint</i> acne/breakouts/oily									●				
<i>Chamomile</i> all skin types									●	●			●
<i>Geranium</i> balanced/dry/mature/oily										●			●
<i>Rosehip</i> acne/breakouts/dry mature/roseacea	●	●	●		●			●		●			●
<i>Rosemary</i> acne/breakouts/oily		●			●			●		●		●	
<i>Ylang ylang</i> acne/breakouts/mature/ oily		●									●	●	
<i>Frankincense</i> all skin types/mature		●								●			
<i>Lemongrass</i> acne/dry/mature					●		●			●			
<i>Bergamot</i> dry/combination/oily													

Everyday Face Balm

This homemade moisturising facial balm is simple to make, full of all natural ingredients, and works wonders on your skin. Light but nourishing, you can apply it every morning before putting on makeup as well as again before bed if skin is particularly dry. Super simple to make, this balm is also long lasting.

prep: 20 minutes

makes: 30ml of balm

INGREDIENTS

- 1 tablespoon of beeswax (or vegan alternative)
- 25ml of carrier oil (Olive, almond, jojoba, argan - we recommend jojoba for oily, acne or combination skin; argan or almond for dry, sensitive or mature skin)
- 6 drops of essential oil of choice

HOW TO

1. Bring a saucepan of hot water to the boil.
2. Combine carrier oil and beeswax in a metal bowl and melt over a low heat.
3. When melted add essential oil and pour into clean container 60ml container.
4. Let balm cool and harden. Add the lid and store in a cool dry place.

Everyday Face Oil

We know that the thought of putting oils on your face often brings images of really bad breakouts to mind but it's time to bust that myth. The ancient Egyptians kept their skin vibrant and flawless with Moringa Oil and this oil's beauty secret is making a big comeback right now.

In fact, according to top dermatologists, facial oils may be that missing step in your beauty routine so give our everyday oil recipe a try and see your skin glow.

prep: 15 minutes

makes: 30ml of face oil

INGREDIENTS

- 20 ml Castor Oil
- 10ml of carrier oil (Olive, almond, jojoba, argan - we recommend jojoba for oily, acne or combination skin; argan or almond for dry, sensitive or mature skin)
- 6 drops of essential oil of choice

HOW TO

1. Combine measures of oils in glass dropper bottle.
2. Pour four to five drops into the palm of your hand and apply to a cleansed face and neck.
3. Rub gently into face and neck in circular motions, massaging in until absorbed.

Lovely Lips Balm

This homemade lipbalm is so easy to make. It has just three Ingredients, all of which are completely natural, and will help you say goodbye to chapped lips forever! If you're new to DIY beauty this recipe is a great place to start.

prep: 10 minutes
makes: 10ml of balm

INGREDIENTS

- ½ tablespoon of Carrier Oil (we recommend olive, almond, coconut or sunflower oil as good lip balm bases)
- 1 tablespoon raw Shea Butter
- 10 drops of Essential Oil of choice (essential oils that are safe to use in lip balms are peppermint, lime, lemon, orange, clove, lavender and tea tree)

HOW TO

1. Bring a pan of water the boil. Melt Shea Butter and carrier oil in a metal bow over the pan.
2. Stir in the essential oil.
3. Pour into your container and place in fridge to set.

CLEANSERS & TONERS

Cleansing with oils you say? What madness is this! No madness at all, we promise you. Oil cleansing is actually the best thing you can do for your skin, particularly if you are prone to acne or oily skin, to balance it.

Does your skin often feel tight and dry and after cleansing with commercial products?

Plant oils are similar to the oils produced by our skin, meaning that they cleanse without stripping your skin of natural oils in the way many products do. Not only does oil cleanser work to remove makeup and other dirt on the face, it also moisturises leaving your skin feeling supple and fresh. Reducing the amount of products needed on a daily basis.



Everyday Oil Cleanser

This simple oil cleanser recipe uses a base of castor oil combined with your carrier oil of choice. Castor oil is used as the base as it's a mild oil suitable for all skin types and contains a substance called ricinoleic acid, which is an unsaturated omega-9 fatty acid. This is the element that has gained castor oil its fame in the beauty world as it serves as the essential building blocks of skins surface layers, creating a smoother, younger looking and healthier complexion, no matter your age or skin type. It's also gained major popularity for its anti-inflammatory and antioxidant properties.

prep: 15 minutes

makes: 60ml of balm

ACNE/ OILY

- 1/3 carrier oil (recommended carrier oils are: Jojoba oil, Grapeseed oil, Argan oil)
- 2/3 Castor Oil

BALANCED/COMBINATION

- 1/2 Carrier Oil (recommended carrier oils are: Argan oil, Grapeseed oil, Hemp oil)
- 2/3 Castor Oil

DRY/MATURE

- 2/3 Carrier Oil (recommended carrier oils are Avocado oil, Apricot Kernel oil, Almond oil, Argan Oil)
- 1/3 Castor Oil

Green Tea Toner

Anti-oxidant rich green tea has been used for centuries to calm and smooth the appearance of skin as it's both anti-inflammatory and blemish fighting. Use it first thing in the morning after cleansing to reduce any puffiness in the eyes and leave skin looking bright and fresh.

prep: 10 minutes
makes: 100ml toner

INGREDIENTS

- 10ml loose green tea leaves (1 green tea bag can be used instead)
- 90ml water
- Optional: Add tea tree essential oil for added antibacterial properties.

HOW TO

1. Boil the water and add the green tea leaves.
2. Leave to cool then into an air tight spray container like this.
3. Then spray onto a cleansed face and let dry.

Tip: the same approach can be applied to other fresh ingredients such as mint to create a cooling toner.

Soothing Camomile Toner

Chamomile has been used throughout history for its calming and soothing properties. Combining it with the antibacterial and antiseptic properties of Apple Cider Vinegar will leave your skin looking even and fresh. Although hugely beneficial for many skin types, if you suffer from acne, rosacea or very sensitive skin we'd suggest sticking to gentler toners such as the green tea recipe in this guide, but for all other skin types this is a great cheap and super simple toner recipe.

prep: 5 minutes
makes: 100ml of toner

INGREDIENTS

- Apple cider vinegar
- Water
- 1 tablespoon of chamomile flowers (or 1 bag of chamomile tea)

HOW TO

1. Mix apple cider vinegar and water in the following ratios depending on your skin type: Sensitive skin: 1:4 || Dry skin: 1:3 || Balanced Skin: 1:2 || Oily Skin: 1:1
2. Pour into a an air tight spray container like this.

*For anyone starting out with this toner it's advisable to start with a 1:3 ratio and use once/twice a week to trial whether it's the right formula for you

SPOT TREATMENTS

Spots always have the worst timing don't they? Popping up before an important meeting or a date with that hottie you've been crushing on for months. The good news is these 7 simple home remedies will banish those pimples quickly and cheaply.

1. Apple Cider Vinegar

Apple cider vinegar crops up a lot in this guide as it's such a versatile ingredient and one that you can buy in bulk and keep in the cupboard. It's also brilliant for zapping those zits. Just dab onto the affected area and leave for at least twenty minutes.

2. Aloe Vera Gel

A natural antibacterial, use a fresh aloe plant or buy it in a bottle, and apply to instantly reduce the redness and irritation caused by spots.

3. Banana Peel

Banana peel is rich in vitamins B6, B12, magnesium and potassium which are great for healing. Take a small piece of banana peel and rub it onto the affected area for a few minutes. As it dries, your skin will absorb the vitamins and nutrients in the peel. Leave it on for about 30 minutes. and then wash it off with warm water.

4. Hot water and Salt

Applying some salt dissolved in hot water to your spots will open your pores and dry out the pimples. Avoid makeup or putting anything else onto your skin for a few hours afterwards to avoid clogging open pores.

5. *Ice*

Although ice won't banish the pimple rubbing a little ice on the area before applying makeup will reduce any swelling or pain.

6. *Lemon*

Dab lemon juice onto the breakout and watch it absorb the oil on your skin to diminish the blemish. Then use the rest of the lemon in a tea to cleanse the skin from the inside out. Wash off the lemon applied to the face with warm water before going outside to avoid sun damage.

7. *Tea Tree Oil*

Tea tree is the holy grail of spot treatments and the ingredient you'll find in all commercial products due to its anti-inflammatory and antimicrobial properties. Dabbing a bit of tea tree oil onto the affected area will calm redness, swelling and inflammation in no time. It can also help to prevent scarring from spots. [Shop natural tea tree oil on Acala.](#)



HAIRCARE

The frequency with which we wash both our hair and bodies at today is dramatically higher than it was just 50 years ago, and the volume of product we are using on our hair even higher still. This frequent washing and use of chemicals found in commercial hair products strips our hair of its natural oils in much the same way as we discussed in the skincare section with commercial cleansers. The result is our hair often feels greasier, frizzier and coarser.

Here we outline a number of natural alternatives to commercial haircare that will not only leave your hair much happier but also help you dramatically reduce your waste.

You can also check out the natural beauty hacks at the beginning of this e-book for ingredients you can use straight up as shampoos and conditioners.

BACK TO BASICS HAIRCARE

For those looking to really strip back their haircare routine and eliminate the need for any products and waste then the water only method may be right for you. The water only method has recently been championed by sustainable living experts like [Alden Wicker from EcoCult](#) and gained popularity.

It really is as simple as the name:

1. Simply brush your hair under the shower head to loosen and distribute oils.
2. Then rinse your hair through under cold water. The cold water helps your hair cuticles to lay flat retaining moisture and shine.
3. If you have dry hair you may need to hydrate the hair ends with some oil. We recommend coconut or jojoba oil.

It's important to note that this solution may not work for everyone as the water type in your area can impact effectiveness. For example, those in hard water areas may not find this approach as effective.

DIY Balancing Shampoo Recipe

If the 'no poo' method doesn't do it for you try this simple pH balancing shampoo that works for all hair types. The combination of aloe vera and coconut milk nourishes hair whilst gently cleansing away any excess oils.

prep: 10 minutes

makes: 120ml shampoo

INGREDIENTS

- 180ml of coconut milk
- 220ml of pure aloe vera gel
- Optional: essential oils of choice

HOW TO

1. Mix the coconut oil and the aloe vera gel. Add essential oils of choice.
2. Pour into a 300ml glass/aluminium container with pump. Use straight away or store in fridge.
3. If you want this shampoo to last for longer pour the formula into ice cube trays and place in the freezer. Take cubes out as you need them and place in a container or bowl to melt ahead of use.

'The Refresher' Dry Shampoo

When dry shampoo came into our lives it was a real game changer. For those busy days or late nights, a good dry shampoo can be what keeps you feeling and looking fresh. Unfortunately most commercial options are laden with chemicals and come in environmentally unfriendly aerosol cans. For those that don't fancy making their own, we hear you, [check out our ready made dry shampoo for light and dark hair here.](#)

prep: 5 minutes
makes: 120ml

INGREDIENTS

- 60ml Cornstarch or blended oats (we would recommend cornstarch)
- 60ml Charcoal, Cocoa powder, Cinnamon or Arrowroot

<i>Black</i>	<i>Brown</i>	<i>Red</i>	<i>Blonde</i>
Charcoal A pure black powder that absorbs oil and pulls out toxins and odours from the hair	Cocoa Cocoa powder smells great and adds bounce to the hair	Cinnamon Perfect for red heads, cinnamon stimulates the scalp and makes hair strong and healthy	Arrowroot A great option for light hair as it is fine and has no odour

HOW TO

1. Mix the base with your chosen colour ingredient in a bowl. Add the colour ingredient a tablespoon at a time to get the closest match to your hair colour possible.
2. Pour into an old spice bottle and shake onto head.

Optional bonus ingredients:

Suffer with dandruff? Add fenugreek for light hair or coffee for dark hair. Very oily hair? Try adding calcium bentonite clay for light hair or active charcoal for dark hair.

Back to Basics Conditioning Rinse

Apple cider vinegar is packed with nutrients that are great for building luscious locks, including B vitamins, vitamin C and potassium. Because it is slightly acidic, it also serves to restore the natural pH of the acid mantle. Exposure to this acidity hardens the outer layer of the hair and flattens the cuticle, resulting in hair that shines, “slides” easily, and is less prone to tangling or splitting. Acid rinses can be used instead of conditioner.

prep: 1 minutes
makes: 1 rinse

INGREDIENTS

- 1-2 tbsp raw apple cider vinegar
- 250ml cool water
- 1 drop lavender oil (optional)

HOW TO

1. After shampooing and rinsing your hair, mix the apple cider vinegar, water and essential oil (optional) in a plastic bottle. Leaning your head back, pour the rinse over your entire scalp, allowing the mixture to run through your hair. Be careful to avoid contact with your eyes.
2. Let the mixture sit on your hair for 1-2 min
3. Rinse thoroughly

Tips & Tricks:

The specific amount of apple cider vinegar you need will vary depending on your individual needs. We recommend starting with 2 tbsp, and working your way up to 4 tbsp if you aren't seeing results with the lower ratio. As a general rule of thumb, dry hair will typically do better with less apple cider vinegar, while those with oily hair or scalp issues such as dandruff will do better with more apple cider vinegar.

Detox Clay Mask

Our hair is susceptible to air pollution in the same way as our skin so it's important to give it a little TLC sometimes to detox and restore its natural goodness. This recipe uses bentonite clay as it has a variety of nourishing properties for the hair. Its moisturising properties will soothe a dry scalp and damaged hair whilst restoring shine. The clay also simultaneously draws out excess dirt and oil as well. You can think of the mask as a shampoo and conditioner in one.

prep: 5 minutes
makes: 1 mask

INGREDIENTS

- 60ml water
- 30ml apple cider vinegar
- 60ml of bentonite clay
- Optional: 5 drops of essential oil of choice (try lavender for a soothing hair treatment or peppermint for added zing)

HOW TO

1. Pour water and apple cider vinegar into a non-metal bowl and combine until a creamy texture forms.
2. Add essential oils if using.
3. Massage into wet hair, coating hair from roots to tip, and leave for 5-10 minutes

BODYCARE

A great skin care routine is about more than just your face. We're constantly reminded about the significance of facial skin care, often forgetting that our bodies are just as important. Feel beautiful from head to toe the zero waste way with these simple recipes.



Customisable Rub a Dub Salt Scrub

There's nothing better than an invigorating scrub first thing in the morning to leave your skin smooth and silky and your mind rejuvenated and ready for the day. Mineral rich Himalayan pink salt is a wonderful choice for a salt scrub. Combining the oil with a light, non-greasy almond oil moisturises the skin to leave you feeling invigorated, smooth and relaxed. Add an essential oil of your choice to match your skin type and give the scrub a beautiful aroma.

prep: 10 minutes
makes: 120ml of scrub

INGREDIENTS

- 100ml fine Himalayan pink salt
- 2 tablespoons of apricot kernel oil
- 10 drops of essential oil of choice (we recommend bergamot)

HOW TO

1. Mix oils together in a bowl.
2. Add the salt and toss to coat.
3. Store in an airtight container like this.

*Note this scrub is great for the body but too aggressive for the face.

Invigorating Morning Scrub

If you're anything like us you're a coffee fiend going through a couple of cups of the good stuff every day. Rather than throwing the waste grounds away try using them in this recipe to create an invigorating morning scrub that will have you bouncing out of the door. If you're looking for a natural exfoliator with no prep time you can also just use the coffee grounds on their own and apply straight to the skin.

prep: 5 minutes
makes: 1 mask

INGREDIENTS

- 6 teaspoon of coffee grounds
- 3 teaspoons of coconut oil

HOW TO

1. Add the coconut oil and coffee grounds to a bowl and mix into a paste.
2. Apply the paste to your body gently as coffee grounds can be abrasive if applied aggressively. It is not advised to use coffee grounds on the face.

'Leftovers' Liquid Soap

Don't you just hate it when your soap bar gets down to those last little chunks? Always breaking up and slipping around the tub, you persevere with them though as you don't want to waste them right? Well, here's a simple liquid soap recipe that can be made using soap bar scraps that mean you can wave goodbye to scrappy soap days whilst still creating zero waste.

prep: 30 minutes
makes: 300ml

INGREDIENTS

- Soap scraps
- Water
- Optional: 1/2 tbsp of jojoba oil for every 60g of soap scraps

HOW TO

1. Shred soap scraps on a grater
2. Heat the grated soap pieces in a tin with approximately 250ml of water for every 60g of soap scraps until the soap is melted. Add the jojoba oil for additional skin moisturising properties if using.
3. Remove melted soap, transfer to a bowl and leave to thicken overnight. Whisk soap to blend together. If it is too thick or too thin after whisking repeat the previous steps to adjust.
4. Transfer to storage container

No Bar Body Wash

Never been one for soap bars but don't want the waste of single-use plastic body wash bottles? We have the solution.

This simple recipe shows you how to turn a soap bar into a beautiful moisturising body wash that you can make and keep in a reusable bottle.

prep: 20 minutes

makes: 250ml body wash

INGREDIENTS

- 85g of shea butter
- 85g sunflower oil
- 170g castile soap (you can also use soap leftovers to create this recipe)

HOW TO

1. Grate the castile soap using a cheese or vegetable grater.
2. Melt the soap and shea butter in a metal bowl over a saucepan of boiling water.
3. Combine soap, shea butter and sunflower oil in the soap dispenser. Replace cap and swirl contents to combine. Avoid shaking the container as you'll activate the soap and create foam.

Dry Brushing

Ok so we can't promise supermodel-esque pins but we promise smoother looking legs and zero waste with this dry brushing technique. Diminishing cellulite isn't the only plus a humble brush can provide; dry brushing has amazing benefits for your overall health and wellbeing. Dry brushing can improve digestion, stimulate lymph nodes and remove toxins from the body. So whatcha waiting for? Here's how to give it a go.

HOW TO

1. Use the brush dry or add a small amount of body oil if using after showering to moisturise skin as well.
2. Start with your feet and brush upwards in circular motions towards the heart.
3. Always work upwards, up your legs, body and towards the chest, never pressing too hard.

The World's Easiest Whipped Shea Butter

If you've got 15 minutes to spare and a whisk to hand then you're ready to create this simple yet luxurious and moisturising two ingredient whipped body butter.

Go on, give your skin a treat!

prep: 15 minutes

makes: 100ml shea butter

INGREDIENTS

- 60ml shea butter
- 30ml apricot kernel oil
- 15 drops of essential oil(s) of your choice (we love lavender and bergamot for a wonderfully soothing yet rejuvenating butter)

HOW TO

1. Chop the shea butter into chunks, place in a bowl and whisk until creamy.
2. Add the apricot oil and mix until absorbed into the butter
3. Add the essential oils and whisk at full speed for around 3-5 minutes until the butter is light and fluffy.
4. Spoon the formula into an airtight container

Healing Calendula Balm

Calendula oil is a natural oil extracted from marigold flowers. It's antifungal, anti-inflammatory, and antibacterial properties make it a wonderful natural healer for wounds, for use on new tattoos, for soothing eczema, and relieving nappy rash. It's also used as an antiseptic. Here we've combined it with shea butter and beeswax to create a creamy balm that will soothe the skin.

prep: 5 minutes
makes: 90ml of balm

INGREDIENTS

- 30ml/30g of beeswax (or plant based alternative)
- 30ml raw shea butter
- 30ml calendula oil

HOW TO

1. Boil a saucepan of water. Place the beeswax and shea butter in a metal bowl on top of the saucepan and allow to melt.
2. Let the melted wax and butter sit for a minute and then add the calendula oil and mix.
3. Poor the balm into a 100ml airtight jar. Allow to cool and harden before use.

Fresh Pits Deodorant

If you've got 15 minutes to spare and a whisk to hand then you're ready to create this simple yet luxurious and moisturising two ingredient whipped body butter.

Go on, give your skin a treat!

prep: 10 minutes
makes: 30ml

INGREDIENTS

- 1 tablespoon Baking soda
- 2 tablespoon Coconut oil
- 2 tablespoons Arrowroot powder
- 5 drops of essential oil of choice (bergamot, lemongrass, tea tree and mint all work really well)

HOW TO

1. Combine all ingredients in a bowl.
2. Heat a pan of water on the hob. Once it reaches boiling place the bowl of ingredients on top of the saucepan and melt.
3. Once melted pour the mixture into an airtight container and leave to cool in the fridge for around three hours.
4. Once set this deodorant can be kept out of the fridge.

*This can also be made unscented without an essential oil.

**If you are sensitive to baking soda substitute it for tea- tree oil.

Creamy Hand and Foot Balm

The perfect hand and foot cream? One that absorbs into the skin quickly, banishes cracks and chapped bits and importantly doesn't leave greasy marks on floors, walls and doors as you pad around the house. We've made our fair share of greasy marks so this recipe is the outcome of experimentation. For a really good foot treatment, pop on just before bed, put on socks and wear overnight.

prep: 15 minutes
makes: 60ml of balm

INGREDIENTS

- 40ml coconut oil
- 20 ml shea butter
- 10ml jojoba oil
- 7 drops of essential oil of choice (we recommend lavender or bergamot for a soothing balm)

HOW TO

1. Bring a saucepan of water to the boil. Combine shea butter and coconut oil in a metal dish and melt over heat.
2. Remove from heat and add the rest of the ingredients.
3. Pour into an airtight jar and place to set in fridge.

Lavender & Chamomile Cuticle Oil

For many of us a regular slot at the salon to keep our nails in check is a luxury so we've created this beautifully simple but gorgeous cuticle oil that will keep your nails salon standard every day. The simple recipe combines moisturising oils known for their ability to condition, heal and protect the skin. It also smells stunning!

prep: 5 minutes
makes: 60ml of oil

INGREDIENTS

- 55ml jojoba oil
- 6 drops chamomile essential oil
- 6 drops lavender essential oil
- 3 drops tea tree essential oil

HOW TO

1. Combine jojoba and essential oils in a glass bottle and shake well. We'd recommend these 60ml dropper bottles.
2. To use, massage 1-3 drops per hand into cuticles daily.

Natural Hand Sanitiser

Hand sanitisers are brilliant when on the go but commercial options often leave your hands feeling dried out and even cracked. Sadly the majority of sanitisers in highstreet stores have heavy chemical bases that have been linked to antibiotic resistance and other nasty side effects. They also always come in single-use plastic so we've got a great homemade recipe that will kill germs naturally and can be popped into a reusable container.

prep: 5 minutes
makes: 100ml of sanitiser

INGREDIENTS

- 90ml of aloe vera gel
- 7 drops of lemongrass essential oil
- 7 drops of lavender essential oil
- 20 drops of tea tree essential oil

HOW TO

1. Add all the ingredients to a bowl and combine.
2. Transfer to a 100ml pump bottle and store for up to six months.

DIY DENTAL ROUTINE

When making the move to homemade dental products it is important to consult with your dentist first to make sure you get the solution that's right for you. These recipes are not medical advice and have been created based on personal experience rather than medical testing or advice and use natural products that have been shown to have positive effects on oral hygiene.

Bentonite toothpowder/ toothpaste

Bentonite clay based toothpowder is excellent for those with sensitive teeth. The addition of eugenol rich cloves and cinnamon that have strong antibacterial properties combined with calcium powder that has been shown to re-mineralise teeth means this easy toothpowder recipe will leave you minty fresh the natural way.

prep: 5 minutes
makes: 30g toothpowder

INGREDIENTS

- 6 tbsp bentonite clay
- 3 tbsp calcium powder
- 1 tbsp baking soda
- 1 tbsp cinnamon
- 1 tbsp cloves
- Optional: 20 drops of peppermint essential oil to flavour

HOW TO

1. Combine ingredients in a jar
2. Either add a pinch of powder to a wet toothbrush or make into a toothpaste by adding coconut oil. Add coconut oil a tablespoon at a time until you achieve the consistency you're after and, if desired, 20 drops essential peppermint oil to improve the flavour.
3. Follow with homemade mouthwash if that's your jam.

*Avoid dipping your toothbrush into the jar to stop the spread of bacteria

Minty Mouthwash

Minty, all-natural, anti-bacterial, whitening and re-mineralising- we're not asking for much from a mouthwash. We think we've cracked it though with this easy to make, inexpensive and effective mouthwash that will keep gums healthy and bad breath at bay.

prep: 5 minutes
makes: 100ml

INGREDIENTS

- 80ml of filtered water
- 2 tbsp of baking soda
- 2 drops of tea tree essential oil
- 2 drops of peppermint essential oil

HOW TO

1. Combine all ingredients in a 100ml glass bottle.
2. The baking soda will settle at the bottom of the bottle when not in use so shake mouthwash before using.
3. As with all mouthwash, gargle and avoid swallowing.

ACKNOWLEDGEMENTS

Thank- you to everyone who has been part of the making of this book.

To Evie, thank you for being a sound boarding for all the ideas and idiocies that happened along the way.

To Ana, thank you for being a creative genius and giving this book the look it deserves.

Thank you to everyone who tested recipes and ingredients along the way.

Design by Ana Carneiro
Set in Lato Regular and
Bold Italic; Bodoni FLF
Regular and Medium Italic