

Activated Charcoal Recipes

Activated Charcoal Lemonade:

Ingredients

- 1 tsp Organika Activated Charcoal powder
- 1 cup of water
- 1 tbsp. of Coconut Sugar or sweetener of choice
- ½ lemon squeezed

Directions

1. Mix all the ingredients together and enjoy!

Activated Charcoal Teeth Whitener:

Ingredients:

- 1/2 tsp Organika[®] Activated Charcoal Powder
- 3-5 drops of water

Directions:

Combine 1/2 tsp of Organika[®] Activated Charcoal Powder with 3-5 drops of water in a small bowl until it forms a paste. Using a toothbrush, brush the activated charcoal paste onto your teeth for 1-2 minutes. Rinse with water, and brush your teeth with your regular toothpaste. Many people notice a whiter smile immediately after use, but for best results, try brushing with activated charcoal a couple of times per week.

Tip: Activated Charcoal can be a bit messy to use and may stain surfaces or fabrics. Avoid using white cloths or towels to clean up. Make sure to clean up any bowls or surfaces directly after use.

Activated Charcoal Face Mask:

Ingredients:

- 1/2 tsp Organika® Activated Charcoal Powder
- A few drops of water

Directions:

1. Put 1 tsp of Organika® Activated Charcoal Powder in a small bowl, adding a few drops of water at a time until combined into a paste.
2. Using your fingers, or a paintbrush, apply the charcoal paste to your entire face avoiding the nostrils and eyes.
3. Let dry for approximately 10 minutes.
4. Remove face mask with warm water and a cloth.
5. Wash your face with your regular facial cleanser to remove any residual activated charcoal from the skin.

Tip: Activated Charcoal can be a bit messy to use and may stain surfaces or fabrics. Avoid using white cloths or towels for removing your face mask. Make sure to clean up any bowls or surfaces directly after use.