



HOMETM ESSENTIALS



HOME ESSENTIALS™

Whether you need a cure for toothache, eczema, dry skin, or a way to remove a stubborn stain, Home Essentials has a solution. Our multi-purpose range of moisturisers, essential oils, and natural household cleaning ingredients are not only affordable, but also easy to use for everyday needs.

At Home Essentials, we're all about helping our customers and their families. We provide daily essentials that can be used on the skin, body, or around the house. Plus, many of our products can be used as ingredients to make a good old fashioned remedy.

Look out for our helpful recipes and remedies that have been passed down over time and trusted by families in New Zealand since 1990.





Concern	Acne	Antiseptic	Dry / Itchy Skin	Hair	Mood	Tooth Support	Around the Home	Body Ache	Bug / Insect Bite	Congestion	First Aid	Nail	Plants
Acetone							✓					✓	
Almond Oil			✓	✓			✓						
Anise Oil		✓		✓			✓			✓			
Aqueous Cream			✓				✓						
Calamine Aqueous Cream		✓	✓								✓		
Calamine Lotion	✓	✓	✓								✓		
Castor Oil			✓	✓			✓	✓					✓
Cigalia Cream			✓										
Citronella Oil			✓	✓			✓	✓	✓				
Clove Oil		✓				✓	✓				✓		
Epsom Salts					✓		✓	✓					✓
Eucalyptus Oil		✓		✓	✓		✓		✓	✓	✓		
Glycerol			✓	✓			✓					✓	✓
Hydrogen Peroxide 3%							✓						✓
Hydrogen Peroxide 6%							✓						✓
Isopropyl Alcohol		✓					✓		✓		✓		
Lavender Oil					✓		✓					✓	
Magnesium Sulphate Paste	✓	✓					✓				✓		
Moisturising Aqueous Cream			✓				✓						
Olive Oil	✓		✓	✓			✓						
Paraffin Liquid			✓										✓
Peppermint Oil				✓	✓		✓	✓			✓		
Rosewater			✓	✓	✓		✓						
Tea Tree Oil	✓	✓	✓	✓		✓	✓		✓		✓	✓	
Vitamin A Protective Ointment			✓										✓
Witch Hazel & Rosewater	✓								✓				
Witch Hazel Distilled	✓								✓				



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Important Information

READ THIS FIRST

Before using any Home Essentials product, please read instructions for use which appear on the product label.

We are pleased to bring you this Handy Hints guide to help you use the Home Essentials range. It incorporates product use ideas, tips and recipes for making your own health and home essentials. We have laid out the guide in alphabetical order by product name which we hope will be a useful reference for you and your family to refer to again and again. Whilst we have taken all reasonable measures to ensure the accuracy of this information, we cannot guarantee the suitability of any product for any particular purpose. We accept no liability for any loss or damage arising from direct or indirect reliance upon information contained within this Home Essentials Handy Hints Guide. The information contained herein is intended for educational purposes only. It is not intended to replace advice from a medical practitioner. Use

caution during pregnancy and breastfeeding.

Stain removal caution - Before you begin, remove as much of the solids as possible, and blot up as much liquid as possible. Dab the stain, don't rub. Begin at the outer edge of the stain, working your way towards the centre. If possible apply treatment from the back of the fabric. Be cautious with application, by applying too much solvent or rubbing too vigorously you risk spoiling the fabric. Never strengthen solutions if they don't work. Always rinse fabric and let dry before trying another remedy. Fabrics, carpets, household, surfaces, appliances and electronic equipment may have been specially prepared or coated. Always spot test first and, if in doubt, check with the manufacturer.



Essential oils - Some Essential oils are not recommended during pregnancy. Please check with your medical practitioner before use. Keep Home Essentials products out of reach of children. Home Essentials products are not recommended for ingestion. If symptoms persist, consult a medical practitioner. Essential Oils can, from time to time, cause allergic reaction. Always apply them diluted in a carrier oil, such as almond or olive oil. Caution is advised during breastfeeding. If you are allergic to anise or anethole, its main ingredient, avoid using aniseed or its essential oil.

Inhalation procedure - Some Home Essentials oils, such as eucalyptus oil, are suitable for inhalations to support congestion relief. Use 1-2 teaspoons per 500mls or boiling

water. Pour boiling water into a large bowl, add oil, agitate and then lean over the bowl with a towel over your head. Be sure to close your eyes. Inhale the vapours, through the nose and mouth, for approximately 10 minutes or as long as comfortable. Children must be supervised at all times.

Burns - While minor burns, scalds and minor sunburn can be safely treated at home, always follow correct procedure. This means running the burn until cool under running water, or immersing it in a cool water bath, for at least 20 minutes before applying a home remedy solution. If a burn is more serious, see your doctor or phone emergency services. If product accidentally ingested, contact: National Poisons Centre 0800 764 766. In case of a serious allergic reaction call emergency services on 111.

Our Product Range:

Home Care

Acetone

Well known as the main ingredient of nail polish remover, acetone also has a surprising number of other uses in the home - including glass cleaning and even removing the kids' scuff marks from walls.



Isopropyl Alcohol

Useful around the home for cleaning and sterilising and a convenient addition to your make-up bag to sterilise make-up tools, earrings and newly pierced ears.



Hydrogen Peroxide 3%

For general cleaning, plant care, stain removal.



Hydrogen Peroxide 6%

A bleaching agent for fabrics. Stain remover for marble & china.



Naturals

Almond Oil

Almond Oil has multiple cosmetic and health benefits. It is a popular facial and body oil, due to its ability to soften and condition the skin, soothing itchiness and dryness. It is also a favored oil for massage.



With the addition of scented oils, it can be luxuriously indulgent. Your hair will love it too. Best of all, it is gentle enough to be used on the whole family, from precious babies to adults.

Anise Oil

Home Essentials Anise Oil is best known for its ability to keep headlice and scabies at bay, it's also a powerful antiseptic, can clear blocked airways, and even works as an ant deterrent around the home.



Castor Oil

Castor Oil has been in use for centuries for its many therapeutic, health and beauty benefits. Traditionally used by the Egyptians.

Citronella Oil

Used throughout the world as an insect repellent. Bugs won't be welcome at your barbeque or camping trip if you have Home Essentials Citronella Oil on hand.



Clove Oil

The natural health properties of Clove Oil make it useful around the home, for minor knocks, irritations, bumps and tooth support.



Eucalyptus Oil

Eucalyptus Oil is best known for its soothing and decongestant action and is a good addition to soothing chest balms and inhalations. It is also useful for home cleaning and even pet care.



Lavender Oil

The unmistakable scent of Lavender will refresh your rooms and your linen. It can be used in an aromatherapy burner or added to massage oils, body creams and bath water.



Olive Oil

Olives are thought to be the secret behind the enviable good health enjoyed for generations by the Mediterranean's.



Peppermint Oil

A soothing multipurpose oil. Ideal to ease tension and headaches.



Tea Tree Oil

Tea Tree essential oil has a long history of traditional use. It is one of the more versatile essential oils to have in the home and can be used as a natural antiseptic and has many household uses from deodorising to cleaning.



Personal Care

Aqueous Cream

Aqueous cream is a soothing moisturiser and can be used for all types of dry skin problems. Used regularly, it supports moist, soft, smooth skin. Aqueous Cream can even be used as an alternative to soap, in place of shaving cream or as a lip balm.



Cigalia Cold Cream

Cigalia Cold Cream is a classic rich cream which deep cleans down to the pores to remove even the most stubborn makeup & impurities, while leaving skin soft & smooth. Cold cream cleans thoroughly & gently, without stripping or drying and without harsh detergents. It will add essential moisture to dry skin without leaving residue.



Glycerol

Glycerol can thin a gluggy nail polish, help remove stubborn stains from clothing and moisturise the skin.





Moisturising Aqueous Cream

A fast absorbing non-greasy, soothing moisturiser for the management of dry and sensitive skin. A great moisturising alternative to traditional Aqueous Cream. Formula contains no sodium lauryl sulphate. No parabens. Fragrance free. Colour free. Suitable for all ages.



Paraffin Liquid

Paraffin is a mineral oil with fantastic moisturising qualities.



Rosewater

Rosewater is a soothing preparation for the skin, with a pleasant rose fragrance.



Vitamin A Protective Ointment

Vitamin A is used to protect dry skin and used by beauticians to help smooth out wrinkles and help protect the skin from signs of ageing.



Witch Hazel Distilled

A splash of Witch Hazel is a popular skin toner or aftershave. It is also an ingredient of homemade deodorant.



Witch Hazel & Rosewater

A soothing and lightly fragranced toner ideal for combination skin.

Remedies

Calamine Aqueous Cream

Traditional Calamine Lotion now comes in a cream format which makes it more moisturising and easier to apply to those nasty skin irritations. It is used for its cooling and soothing effect on the skin and for symptomatic relief of dry itchy skin. Home Essentials also contains the active ingredient zinc oxide, which has antiseptic properties and helps prevent infection from scratching.



Calamine Lotion

Who doesn't remember being coated in Calamine Lotion as a child? A favourite with mums for generations, Calamine Lotion is still a staple of the home first aid kit today.



Epsom Salts

Use as a relaxing bath salt; tree and pot plant fertilizer; and problematic skin support.



Magnesium Sulphate Paste

Magnesium Sulphate has a mild antiseptic action and has been traditionally used as a cleanser and drawing agent. It may help with minor boils and pimples.





How To Use

Removes

- Nail polish from nails and some fabrics*
- China stains - dip a cotton bud into acetone, rub over the stain, then wash and rinse china as normal.



- Scuff marks from walls or floors
- Dilute 1 tbsp Acetone in 250ml water. Carefully rub the surface using a gentle cloth or brush.
- Ink
- Scratches on plastic - dip a cotton bud into Acetone and gently buff over the scratch. Work slowly and gently to avoid more damage.
- Melted plastic - once item is completely cooled, dip a cloth into Acetone and wipe the plastic until it starts to loosen. Once gone, use clean water to rinse the area.

Cleans**

- Shoes - use undiluted on leather or fabric shoes.
- Glass and porcelain - wipe clean with warm water afterwards.

Dissolves

Oil or grease on fabric - Turn item inside out and place on a thick cloth to protect the surface below. Drizzle Acetone over the stain and wash as normal.

- *Always test patch on fabrics first
- **Always use in a well-ventilated area



How To Use

Face and Skin

- Under Eye Treatment: Gently massage a few drops to the skin under your eyes.
- Moisturiser: Massage a few drops into your skin and décolletage.
- Razor Cuts: Use a few drops on your face, legs or underarms before shaving to prevent cuts.

Hair

- Rub a few drops into the palm of your hands and smooth through hair to tame flyaways and frizz.
- Massage onto split ends.
- Dandruff treatment: Massage a few drops into your scalp for a few minutes. Leave for 45 minutes or overnight before washing hair as normal.

Insect repellent

Add 10 drops of Citronella Oil



to an egg cup of Almond Oil. Dab on skin as required.

Body Scrub

Mix Almond Oil and Epsom Salts together for an all-natural salt scrub.

Soap

Add a 5% concentration of Almond Oil to your favourite homemade soap recipe.

Massage oil

- Add 5 drops of Lavender Oil to an egg cup of Almond Oil.
- Mix together 50 ml Almond Oil, 10 drops Rose Essential Oil, 10 drops Jasmine Essential Oil, and 5 drops Ylang Ylang Essential Oil.

Hair Conditioner

Gently heat 100 ml of Almond Oil (you may need more for long or thick hair) and rub the oil in section by section until hair feels drenched. Wrap hair in plastic wrap, then in a heated towel and leave as long as you can. You can change the towel to keep the heat applied. Rinse out and shampoo as normal.



Natural antiseptic

For minor scratches and pimples, add 2 drops Clove Oil per tsp of Almond Oil. Do not apply essential oils to the skin undiluted.



Household

- Prevent Rusting: Dip razor blade in almond oil.
- Wood conditioner: Add a few drops to a soft cloth and rub into wood in a circular motion.

How To Use

Inhalation



- Use 1-2 tsp of oil per 500 ml of boiling water and inhale vapour through the nose and mouth for approximately 10 minutes or as long as comfortable.

Be sure to close your eyes. Children must be supervised at all times.

Clear Airways

- Inhale through the nose to help ease breathing and help clear the nasal passages.
- Add to a basin of hot water for stronger inhalation.

Headlice and Scabies

Add 10 drops of Anise Oil to an egg cup of Almond Oil. Apply to skin and/or scalp.

Natural antiseptic to support healing

Use 2-3 drops of Anise Oil per tsp of Almond or Olive Oil and apply as needed.

Do not apply essential oils to the skin undiluted.



How To Use

Cleanser

Massage into skin, then rinse or tissue off to remove.

Moisturiser

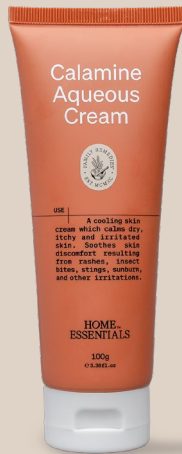
Massage into dry skin as required.

Mask

After cleansing, apply a thick layer and leave on for 30 minutes, before wiping off with a soft cloth.

Leather Care

Apply to a lint-free cloth and rub gently into leather surface. Patch test first.



How To Use



Moisturising and easy to apply, Calamine Aqueous Cream cools and calms skin irritations like swimmers itch, sunburn, and heat rash.

This soothing cream is blended with zinc oxide which has antiseptic properties to reduce the risk of infections from scratching. Safe to use during pregnancy, the natural coolness of this all-in-one remedy will bring relief to hot, blotchy skin and itchy abdomens.

Apply this cream directly onto irritated skin as often as required.



How To Use



Shake well before use.

Apply to skin with a cotton ball or pad and allow the lotion to dry.

Use every 4 hours or as required.

Blister salve

Mix 50ml Calamine Lotion with 10ml Isopropyl Alcohol, and store in a small bottle. Dab on blisters frequently until they dry up and begin to heal.

Sunburn

Dilute Calamine Lotion 50/50 with water, and put in a spray bottle for easy application.



Promote Hair Growth

Massage into balding spots (including eyebrows) for 6 minutes daily to encourage hair growth.

Hair Conditioner

Mix 2 tsp Castor Oil with 1 egg white and 1 tsp of Glycerol. Massage into wet hair, leave for a few minutes then rinse out.

Calluses and Corns



Massage directly into the affected areas. Use as required.

Scratches and Abrasions

Add a few drops directly to the affected area as required.

Haemorrhoids (external)

Soak a cotton ball in Castor Oil and apply to haemorrhoids. Leave on for about 15 minutes and repeat as needed.

Warts and Skin Tags

Apply Castor Oil directly to the wart or skin tag daily for a few weeks.

Arthritis Pain Reliever

Mix Castor Oil with enough turmeric or cayenne powder to make a paste, then rub into your joints. Keep out of eyes, and wash hands after use.



Perk Up Ferns

Combine 1 tbsp Castor Oil with 1 l warm water and 1 tbsp baby shampoo. Drip 3 tbsp into the soil around the fern and then follow with a regular watering.

How To Use

Eyes

Gently dab a few drops around your eyes and leave on overnight.

Face

Apply directly to skin for moisture and a natural glow.

Cracked Lips

Rub a few drops onto your lips to heal cracks and prevent chapping.

Dry Scalp or Dandruff

Massage a little into your scalp.



How To Use



Rich, hydrating, and deeply cleansing, Home Essentials Cigalia Cold Cream will remove even the most stubborn makeup and impurities while leaving skin soft and smooth.

Designed to moisturise and protect your skin, especially in cold weather or dry environments, this rich cream can be used to create a barrier on the skin, helping to retain moisture without stripping important natural oils.

Smooth over face and neck, massaging gently. Use a tissue or warm cloth to remove.



How To Use

Mosquito Repellent

Mix 1 part Citronella Oil with 10 parts carrier oil of your choice. Apply to exposed skin surfaces as required.

Fly Spray

Mix together 8 ml Citronella Oil, 1 tbsp Methylated Spirits, 2 tsp dish-washing liquid, 2 tsp white vinegar and 150 ml strong black tea. Add water to make 1 litre. Pour into a spray bottle.



Lice

Add a drop to your palm with your regular shampoo. This will treat lice, and add volume to your hair.



Ticks and Fleas

Diffuse 10 drops in a spray bottle with water.

Muscle Pain

Mix 2 or 3 drops with your favourite carrier oil. Rub into your palms and then massage at the site of any aches and pains.

Fever

Dilute a few drops in water then soak a face cloth in the solution before dabbing on the forehead.

Room Refresher

Mix together 20 drops each of Citronella Oil, Lavender Oil, Eucalyptus Oil, and Tea Tree Oil. Add 200 ml of water and 100 ml Methylated Spirits. Pour mixture into a spray bottle and shake well before use.



Do not spray near oil or watercolour art, polished or stained wood.

Helps manage cigarette smoke, animal smells and stale house odours.



How To Use

Toothache

Dilute a few drops of Clove Oil in an edible carrier oil, such as Olive or Coconut oil. Dab a clean cotton ball into the solution and apply to the sore tooth. It may take a few minutes of application to feel relief. Reapply every 2 hours as required.

Pain Relief (bunions, warts, bumps or knocks)
Soak a cloth in Clove Oil and



apply to the affected area. Leave on for a few minutes or until the pain subsides.

Nasal Balm

Add 2 drops Clove Oil and 2 drops Eucalyptus Oil to 2 tbsp Petroleum Jelly. Apply a dab under nose and rub a small amount into chest. Avoid application near eyes.

Mould Remover

Add 3 ml Clove Oil to a 1 litre spray bottle of water. Spray over the mould, leave for 1 day and then scrub off.

Mould Prevention

You can then make up a spray of 20 drops each Lavender Oil and Tea Tree Oil to stop the mould growing back.





How To Use

Bath or Foot Soak (for relaxation or athlete's foot)

Add a few tbsp to water as required. Soak your body or feet, and enjoy!

Blackheads

Slowly mix with small amounts of water until you've made a cream. Dab onto blackheads or blemishes.

Body Scrub

Mix with Coconut oil to make an all-natural salt scrub.

Itch Relief

Mix 2 tbsp with 250 ml cold water. Soak a cloth or pad in the solution and lay on skin to soothe itches, insect bites, eczema and other skin irritations.

Fertiliser

Put 1-2 tbsp in soil with each seed or add 1-2 tbsp to your watering can.

Slug and Snail Deterrent

Put 1-2 tbsp in soil with each seed or add 1-2 tbsp to your watering can.



How To Use

Steam Inhalation

Add 5 ml or 1 tsp to 500 ml of hot water and inhale vapour as required. Or add 10 drops to a hot bath.

Sore Throat, Bad Breath, Healthy Teeth and Gums

Add 1-2 drops to a cup of warm water, gargle and spit out. Do NOT swallow.

Sore Muscles and Joint Pain

Dilute and massage onto the sore area in a circular motion.

Headache

Dilute and massage into temples.

Sinus Pressure

To make a hot/cold compress, dilute onto 1 hot cloth, and 1 cold cloth, then alternate the cloths on the bridge of the nose.



Stress Relief

Add 5 to 10 drops to your shower. Sprinkle on the shower walls away from the water spray and breathe in the healing vapours.

Brain Fog and Mental Clarity

- Add a few drops to an oil burner or diffuser.
- Mix 15 drops with 500 ml water and add to a spray bottle. Regularly spritz into the air at work or home.

Antiseptic for Sores and Wounds

Combine 10 drops with 500 ml water. Use a spray bottle, or dab mixture onto a clean cloth and gently wipe the affected area twice daily.

Insect Bites and Burns

Apply 2-3 drops onto a cotton ball and dab onto the affected area.

Massage Oil

Add 5 drops Eucalyptus Oil to an egg cup of Almond Oil.

Healthy Scalp and Hair

- Add 2 drops Eucalyptus Oil to your favourite conditioner.
- Mix 4 drops Eucalyptus Oil with 2 tbsp Jojoba Oil. Massage into scalp and leave for 20 minutes before rinsing.

Nasal Balm

Add 2 drops Eucalyptus Oil and 2 drops Clove Oil to 2 tbsp Petroleum Jelly. Apply a dab under nose and rub a small amount into chest. Avoid application near eyes.

Sunburn



Mix together 2-4 drops Eucalyptus Oil, 1 tsp pure Aloe Vera Gel, and 60 ml distilled water in a spray bottle. Spray over skin.

Dandruff and Lice

Mix 2-4 drops Eucalyptus Oil with 1-2 tbsp Coconut Oil. Apply to scalp, wait 20 minutes, then rinse thoroughly. For lice, increase the mix to ½ tsp Eucalyptus Oil with 3 tbsp Coconut Oil and leave in for 30-40 minutes. Be sure to patch test beforehand.

Acne

Add 7 drops Eucalyptus Oil to 3 tbsp pure Aloe Vera Gel. Mix well and dab onto pimples or apply as a moisturiser.

Fungal Infections

Add a 2-3 drops Eucalyptus Oil to Coconut oil and blend into the affected area.

Insect and Rodent Deterrent



- Add 10-20 drops to 30 ml water and spray on and around the required areas.
- Dilute for use in an oil burner or diffuser to keep insects out of your home.

Home Cleaning

Add 20 drops to a bucket of hot water.

Cleaning Spray

Gather together 250 ml water, 10 drops Eucalyptus Oil, 10 drops Lavender Oil, and 20 drops

Sweet Orange Essential Oil. Pour water into a spray bottle. Blend essential oils in a glass jar to create a base mix. Add 8 drops of this base into the spray bottle with the water. Keep the base mix in a dark-coloured glass bottle in the cupboard and use to make more spray as you need it.

Odour Mix

Mix together 20 drops each of Eucalyptus Oil, Lavender Oil, Citronella Oil and Tea Tree Oil. Add 200 ml water and 100 ml Methylated Spirits. Place mixture into a spray bottle and shake well before use. Do not spray near oil or watercolour artwork or on polished or stained wood.

Wash and Moth-Proof Sheets and Blankets

Mix together 2 tbsp Eucalyptus Oil, 300 ml Methylated Spirits and 225 g Soap Flakes in a screw-top jar until soap flakes are dissolved. Add 1 tbsp of mixture to every 4.5 l water and soak sheets and blankets until clean. Do not rinse as the Eucalyptus Oil will replace the oil in the wool. Dry outside and store cleaning mixture in a cool place.

Sticky Substances on Dog Fur

Add 2-3 drops Eucalyptus Oil to an egg cup of Almond or Olive Oil, then massage into your dog's fur. Take care to avoid its eyes and nose. Leave for 1 hour, making sure dog doesn't lick the area, then shampoo out thoroughly. Do not use on cats.



How To Use

Moisturiser

Dilute with an equal amount of water and smooth over skin where needed.

Dry Skin Lotion

Mix 2 tbsp Glycerol with 1 tbsp Rosewater. Smooth over body at night, rinse off the following morning.

Glossy Lip Balm

Mix a paste of Glycerol and Petroleum Jelly.

Liquid Hand Wash

Gather together 2 tsp Glycerol, 2 tsp Rosewater, 10 drops Rose Essential Oil (or any of your choice), 2 tbsp grated soap, and 250 ml boiling water. Add grated soap to boiling water, stir and let sit for about 10 minutes until melted. Then stir in Glycerol, Rosewater and Essential Oil. When the mixture is smooth and still warm, pour into an empty soap dispenser bottle, as when cold it will be jelly-like and hard to pour.

Night Cramps

Before bed, massage directly onto skin where cramps occur.

Gluggy Mascara and Nail Polish

Add a few drops to nail polish or mascara to thin.

Warts

Mix 3 tbsp with 1 tsp vinegar and apply daily where needed.

Floor Cleaner

Add a few drops to a bucket of warm water.

Dust Protection

Dilute a few drops in water and wipe surfaces with a cloth soaked in the solution.

Fat and Oil Stains

Slightly warm Glycerol, apply to stain and leave for 30 minutes before washing as normal.

Dry Spills

Dilute 50:50 with water to soften dry spills.

Seed Treatment

Mix 1 part Glycerol with 5 parts water and soak the seeds in the solution for 30 minutes to assist with germination.

Leather Repair and Protection

Soak a cloth in Glycerol and wipe the damaged area with it. Repeat as required.

Tyre Shine

First, wash and dry tyres as normal. Then mix equal parts Glycerol and water and spray the mixture onto the tyres, or wipe the tyres with a cloth that has been soaked in the mixture.



Dishwashing

Dissolve 25 g soap flakes in hot water before adding 1 tbsp Vodka and 4 tbsp Glycerol.

Wool Care

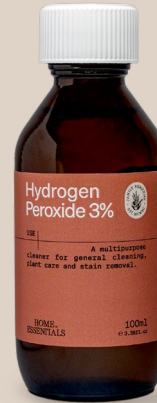
First, mix 1 tsp with 2 l water and soak item in mixture. Then mix 1 tsp Ammonia with 2 l water and soak item in this mixture. Material will be fluffier and softer once dry.

Defog Glass and Mirrors

Mix equal parts Glycerol and Methylated Spirits and use to wipe glass and mirrors.

Trap Cockroaches

Pour Glycerol into a glass jar, then coat the inside walls of the jar with sunflower (or other) oil. The cockroaches will be attracted to the Glycerol and get stuck in the jar.



How To Use

Whiten Clothes

Add a measure to your usual wash.

Blood Stains

Pour onto stain and let sit for a few minutes. Then rub and rinse with cold water.

Kill Mites

Spray onto the area.

Plants

Mix 1 part Hydrogen Peroxide 3% with 32 parts water. Water to improve their root system.

Sprout Seeds

Soak seeds overnight in a mixture of 30 ml Hydrogen Peroxide 3% and 500 ml water.

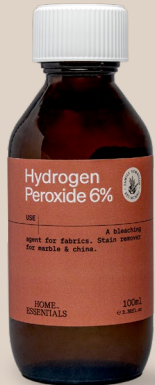
Wine Stain Remover

Mix together equal parts Hydrogen Peroxide 3% and liquid detergent. Pour the mixture over the stain. With a clean cloth blot the stain and wash with warm water.

Collar and Armpit Stain Remover

Make a mixture of 2 parts Hydrogen Peroxide 3% and 1 part liquid detergent. Spray onto the stain and let it sit for 1 hour before rinsing and washing.





How To Use



Hydrogen Peroxide 6% is a stronger solution than our 3%, ideal for heavy-duty cleaning tasks like removing tough stains from clothing or disinfecting surfaces.

Use it to bleach fabrics, brighten your whites, remove stains from marble and china, whiten kitchen and bathroom grout, remove odours from clothes and towels, disinfect and clean bathrooms, and wash mouldy shower curtains.

Use as required. Patch test first. For effective bleaching use undiluted.



How To Use

Hands

Rinse to remove odours.

Hand Sanitiser

Mix together 3 parts Isopropyl Alcohol and 1 part Aloe Vera Gel.

Ticks

Dab tick and area with Isopropyl Alcohol then grab tick with a pair of tweezers as close to the skin as possible. Wipe the area afterwards, with Isopropyl Alcohol to disinfect.

Mosquito Bites and Cold Sores

Dab directly onto the bite or sore as required.



Fruit Flies



Spray the flies with a fine mist to kill them.

Remove Sticky Residue

Spray on the area and wipe clean.

Paint, Ink, and Marker Stains on Clothes

Soak the spot for a few minutes before washing.

Permanent Marker

To remove stains from hard surfaces, saturate the area and wipe away.

Carpet Stains

Apply to a cloth and lightly rub the stain.

Sterilise Makeup Brushes

Soak for 30 minutes and allow to air dry. Repeat every couple of weeks.

Eyeglasses

Lightly spray glasses and wipe clean with a soft cloth.

Jewellery

Soak for a few minutes, remove and then polish with a soft, clean cloth.

Stretch Shoes

Apply a thin coat to the interior and exterior of the shoes, then place on your feet or a shoe stretcher.



Smelly Shoes

Spray and place in a sunny spot to dry.

Stainless Steel Cleaner

Wipe to remove fingerprints, smudges and to leave a nice shine.

Windscreen Frost

Fill a spray bottle and spray on windscreen.

Degreaser

Wipe greasy appliances, countertops, cabinets as required.

Electronics

Wipe with a cloth. Don't use on touch screens or sensitive electronics.

Dust Mites and Bed Bugs

Spray a light mist onto bed or mattress, allow to dry and then vacuum.

Window Cleaner

Mix together 60 ml Isopropyl Alcohol, 2 tbsp Ammonia, 830 ml water and a drop of dish soap.

Air Freshener

Mix 240 ml Isopropyl Alcohol with 10-15 drops of essential oil of your choice.

Ice Pack

Pour 1 part Isopropyl Alcohol and 3 parts water in a freezer bag and freeze.



How To Use

Relaxation

- Add 4-6 drops into a bath under warm running water.
- Apply to the bottoms of your feet as a part of a relaxing bedtime ritual.

Massage Oil

Add 3-5 drops Lavender Oil to an egg cup of Almond Oil.

Nail Care

In a small glass container, combine 2 tbsp shea butter, 1 tsp beeswax and 1 tbsp Fractionated Coconut Oil. Place the container in a saucepan with 2.5-4 cm of gently boiling water. Stir ingredients for

5-10 minutes until fully melted and combined. Then remove from heat and let rest for 3 minutes. Add 7 drops Lavender Oil and stir. Pour into a small container and let harden for 2-3 hours. To use, apply a small amount to cuticles and massage in until absorbed.

Room and Linen Freshener

- Add 4-6 drops to an oil burner, diffuser, or potpourri.
- Add a few drops to your pillows or bedding.
- Combine several drops with water in a spray bottle and mist throughout the house or wherever needed.

Room and Linen Spray

Take 1 tsp of Lavender Oil, 60 ml vodka, and 750 ml water. Mix together in a spray bottle, shake well and spray in room or on sheets and towels after drying. Air sheets and towels before storing. Shake mixture well before each use.

Odour Mix

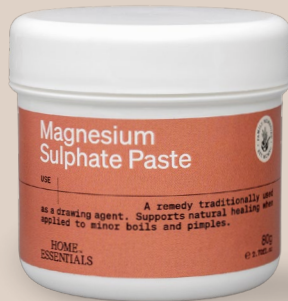
Mix together 20 drops each of Lavender Oil, Eucalyptus Oil, Citronella Oil and Tea Tree Oil. Add 200 ml water and 100 ml Methylated Spirits. Place mixture into a spray bottle and shake well before use. Do not spray near oil or watercolour artwork or on polished or stained wood.

Wipe and Deodoriser

Mix 1 tsp Lavender Oil and 1 tsp Eucalyptus Oil per litre of water. Good for light general cleaning.



Magnesium Sulphate Paste



How To Use



Traditionally used as a cleanser and drawing paste, Home Essentials Magnesium Sulphate Paste can be used to treat minor boils, abscesses, pimples and skin infections. It has a mild antiseptic action.

'Drawing' refers to the effect the paste has on the skin - the ingredients work together to pull or draw out infection, pus, or other substances (like splinters) that may be trapped beneath the skin. The paste also works to soften the skin and reduce inflammation.

Mix well before use. Apply paste to a piece of gauze or cotton. Place on the skin and bandage. Change after 12-24 hours.

Moisturising Aqueous Cream



How To Use



An alternative to traditional Aqueous Cream, Home Essentials Moisturising Aqueous Cream is free from Sodium Lauryl Sulphate (SLS), paraben, fragrance and colour.

This wonderfully soothing, fast-absorbing, and non-greasy cream delivers the same great hit of moisture for dry and sensitive skin.

Massage into dry skin as required.



How To Use

Use as required for:

Shaving cream substitute, nail and cuticle care, tame hair frizz and flyaways, soften and moisturise skin, soothe nappy rash, polish shoes, and remove makeup.



Bath Oil

Add a few tbsp to your running bath water.

Hair Conditioner

Gently heat 125 ml Olive Oil and apply liberally to your hair. Cover hair with plastic and then wrap it in a towel. Leave for 45 minutes, then wash as usual.

Night Cream

Gather together 125 ml Olive Oil, 3 drops Lavender Oil, 3 tsp of Apple Cider Vinegar, 1 tbsp water. Mix the Olive Oil and Cider Vinegar. Add water slowly until a smooth white/yellow cream forms. Add the Lavender Oil. Shake well before use every night as the mixture will settle.

Lip Balm

Mix a 1:1 ratio of Olive Oil and melted Beeswax in a 1:1 ratio, with your choice of essential oil for fragrance.

Exfoliator or Remove Grease from Skin

Rub your face or hands with Olive Oil, then scrub with sugar or coarse salt before rinsing off.

Earache

Carefully use a cotton swab to apply Olive Oil to the outside ear cavity to help with earaches and excess wax.



Cat Care

Add a tsp to your cat's food to help prevent hairballs, and help with a shiny coat.

Clean Garden Tools

Spray on tools to cut down on dirt build-up.

Condition Leather

Rub Olive Oil into worn leather and let sit for 30 minutes, before wiping away excess.

Shine Metals

Rub onto stainless steel and brass using a clean cloth to prevent streaks, corrosion, and tarnish.

Oil Paint Mix

To delay the drying out of your paint palette, make a 50:50 mix of Olive Oil and Safflower Oil. Add a drop to each 'nut' of paint on your palette.



Paint Remover (from skin or hair)

Rub onto skin or hair wherever there is paint, and let soak for 5 minutes before rinsing with soap and water.

Lubricate Measuring Cups and Spoons

Rub or spray onto your measuring tools for easy clean-up of sticky substances like honey, and sugar syrups.

Stuck Zipps

Apply to the teeth of the zip using a cotton bud or cloth.

Squeaky Doors

Apply to squeaky hinge using a cloth or cotton swab.



How To Use



Massage into skin as required.

Cuticle Cream

Gather together 3 tbsp Paraffin Liquid, 60 ml Olive Oil, 1 tbsp Coconut Oil, 1 tbsp Glycerol. Mix the Paraffin and oils together (you may need to melt the Coconut Oil first if solid), then add the Glycerol and remove from the heat. Let cool before using.



How To Use



Soothe

Mix 1:10 parts with carrier oil of your choice and massage into forehead and temples.

Nausea, Motion Sickness, Boost Productivity, Mental Clarity and Energy

Inhale through a diffuser or oil burner.

Alertness

Add a few drops to a cotton ball and clip to your car air vents, or sit on a window sill nearby.

Fevers

Rub several drops on the soles of the feet for a cooling effect.

Appetite Control

Inhale to stave off cravings.

Indigestion, and Tummy Upset

Massage a few drops over the lower abdomen and stomach.

Tired feet

Add a few drops to a foot bath or bucket of cold water, then soak your feet.

Sore Muscles

Add 5 drops to 1 tsp of your favourite carrier oil, and use it as a massage oil.

Arthritis Pain

Mix 10-15 drops into 2 tbsp carrier oil of your choice and massage into affected areas.

Deter Spiders

Add a few drops to a cotton ball and place in corners of the room or wherever you don't want spiders.

Control Bin Odours

Sprinkle a few drops on the inner lid or bottom of your bin.



How To Use



Facial Toner and Astringent

Soak a cotton pad and apply to face in upward circular motions.

Hair, Body, Room, and Fabric Mist

Add to a spray bottle and spritz as needed.

Dry and Dehydrated Skin

- Mix 1 tbsp Rosewater with 2 tbsp Glycerol. Smooth over arms and legs at night. Rinse off the following morning.

- Mix 1 tbsp Rosewater with 1 tsp honey. Apply to face, neck, or body for 15-20 minutes or even overnight. Use for 7 consecutive days.

Body Lotion

Thoroughly combine 125 ml Rosewater, 100 ml Glycerol, 40 ml Jojoba Oil, and 4-8 drops Rose Essential Oil. Beat the mixture until it emulsifies then store in a tightly sealed glass bottle in a cool, dark place.

Body Wash

Put 200 ml water and 8 green Cardamom pods in a pan and bring to a boil. Once boiling, cover with a lid, turn the heat off and leave to steep for 10 minutes. Strain the cardamom water into a jug and add 100 ml Rosewater, 2 tbsp grated Rose Soap and 1 tbsp Glycerol. Mix thoroughly and pour into a squeezable bottle. Shake bottle well before each use.

Hand Cleanser

Mix equal parts Rosewater, Lemon Juice, and Glycerol.



Acne

Mix 1 tsp Rosewater with juice from 1/4 of a Lemon and apply on the affected area.



How To Use



Hair

Add a few drops to your shampoo to help with itchy scalps.

Mouthwash

Add 3 drops to a small glass of water. Swirl the mixture in your

mouth, then spit out. Do NOT swallow. Repeat every time you brush your teeth.

Facial Steamer and Inhalation

Add a few drops of Tea Tree Oil and Lavender Oil to a bowl of hot water for a facial steam, or sprinkle on shower walls away from the water for an inhalation treatment.

Acne

Add a few drops to your face wash.



Wounds

Apply directly to affected area for things like skin wounds, ulcers and bed sores.

Nail Fungus

Apply directly to nail.

Athlete's Foot and Ringworm

Apply diluted Tea Tree Oil to infection for 4 weeks.

Home Cleaning

Dilute 1:10 with hot water to disinfect areas around the home.



All-Purpose Cleaning Spray

Mix 750 ml water with 125 ml White Vinegar in a glass spray bottle. Add 10-12 drops Tea Tree Oil. Shake before use, and patch test first.



How To Use

Vitamin A is well known for its anti-ageing properties and is commonly used in creams and ointments to reduce fine lines and wrinkles.

It can be used to help protect your skin from signs of ageing, as well as to help remove warts, reduce the appearance of scars, treat psoriasis, and as part of a home remedy to repair nail cuticles.

Apply a thin layer to skin as needed.



How To Use

Facial Toner, Astringent/Oil Control, Acne

Soak a cotton pad and apply to face or body in upward circular motions.

Tired, Puffy Eyes

Soak 2 cotton pads and put them over your eyes for 10 minutes.

Deodorant

Mix 4 tbsp Witch Hazel, 2 tsp Glycerol, and 30 drops of your

favourite essential oils. Put in a spray bottle suitable for use. You will need to apply this frequently as it is not suitable for high-energy or sports use.



Haemorrhoids

Add 30 ml Witch Hazel to 2 drops of Lavender Oil. Mix well, then dip round cotton pads in the solution. Place pads in the freezer for an hour or so, then use as needed to cool the site of pain.

Chicken Pox Blisters

Mix 250 ml Witch Hazel with 250 ml water. Apply to the skin and let dry. You can apply as often as needed.

Nappy Rash

Apply to rash using a cotton pad.

Stretch Marks

Apply as needed using a cotton pad.

Sunburn

Lay a soaked cloth onto your skin for several minutes.

Varicose Veins

Prop up your legs and lay soaked cloths on the painful or swollen areas.

Bruises

Lay a soaked cloth over the bruise for a few minutes 3 x per day.

Bug Bites and Stings

Use a cotton pad to apply directly to the bite.



Witch Hazel & Rosewater



How To Use

Facial Toner and Astringent

Soak a cotton pad and apply in upward circular motions.

Tired, Puffy Eyes

Soak 2 cotton pads and put them over your eyes for 10 minutes.



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