

The Indigo Earth Soap Company and its website, [www.natural-soap-making.com](http://www.natural-soap-making.com), is happy to share with you some of the recipes that we have used for years. Getting green is easy with these easy to create, all natural, products for you and your home. Following are recipes for both household cleaners and bath products:

Making your skin care products allows for a newly inspired version every time you create. Make sure to write down your tailor-made recipe in detail, it could be the perfect one!

## **THE BATH PRODUCTS:**

### **Mineral/Bath Salts Recipe:**

It's good to use Epsom Salts as they are reputed to have therapeutic values in relaxing muscles. But try to add some other salts such as solar, celtic, dead sea, etc, and avoid table salts as they are perceived as being unhealthy.

For 2 cups of your salt blend, you could add one or any combination of the following:

- 1 - 2 T of finely grated cocoa butter;
- 1/4 - 1/2 tsp of essential oils or a blend of;
- 1 T of ground rose petals or other flower petals;
- 1 T of detoxifying green clay;
- 1/4 - 1/2 tsp of natural coloring, a color that would match the scent.

For a specific scented salt, consider the following, using a 2 cup salt-blend base:

Lavender scented salts:

- 1/2 - 1 tsp Lavender essential oil,
- 1 T dried lavender petals,
- and 1/2 tsp or less of natural liquid coloring (ie: ratonjot or indigo).

Rose Scented Salts:

- 1/2 - 1 tsp of Rose Geranium essential oil,
- 1 T pink clay,
- 2 T dried rose petals,
- 1 tsp Madder Root powder.

We are all very accustomed to scents having a complementary color. If your lavender bath salts are green, people may not be able to tell what scent it is by smell alone, or may think something has gone wrong with their item. When in reality, the essential oil color of lavender is clear.

### **Bath and/or Massage Oil Recipe:**

The carrier oil blend that I love and got rave reviews about was:

- 1 cup sunflower oil;
- 1/2 cup sweet almond oil;
- 1/2 cup grapeseed oil.

Essential oils of your choice, from 1/2 - 1 tsp of scent. Some scents are alot stronger than others and this is why there is no standard measurement. This blend is great for a massage oil as it does not quickly absorb like some massage oils do. The molecules in the sunflower oil are

larger than other oils and therefore absorb a lot less quickly. Sweet Almond and Grapeseed Oils are in any skin care product. But, any oil in a bath may create a slippery surface and sides to your tub, so use caution.

In the above oil recipe, colorants do not blend into the oil completely and you may have a spotty oil. But because scented oils tend to be without a color, you can omit the coloring without anyone thinking something is wrong with it.

### **Body Scrub Recipe:**

I always used a natural raw sugar as my exfoliant. White sugar works well too, raw sugar tends to have more appeal, and while a brown sugar is nice too, the scent of brown sugar doesn't always blend with your essential oil. Lavender is a good example of that.

Depending on the level of oil you desire, start with 1/2 cup sugar to 2 T of carrier or specialty oils. Mix well. Too much oil may cause a layer of oil on the bottom of the jar. Add directions your sugar scrub to use it first in the bath or shower, then bathe as usual. The excess oils are rinsed away leaving the perfect amount of moisturizing. This simple but tried and true recipe is great for any skin care routine.

### **Massage Melts or Cocoa Butter Melts:**

Perfect for spot moisturizing by rubbing on those specific dry areas like heels. These recipes can be a little flexible, in that you can add some specialty oils or butters without creating too soft of a melt. For every 1 ounce of cocoa butter, you can add 1 tsp of shea or mango butter, or jojoba oil. 1 ounce of massage melt would require little scent, start with 1/8 tsp at first.

Cocoa Butter is a luxurious yet inexpensive butter, the ultimate moisturizer for any skin care. Melt your butter and oils on very low heat, stir in your scent and place in a small mold. Flexible molds work best for popping out the melt. Your finished product will be similar to the texture of chocolate.

The only concern in making these is to not use a high temperature for melting the butters, for when they cool from this temperature, they will cave in at the top's center, which will probably be the bottom of your finished melt. The other insider trick here is to place the melts in the fridge as soon as possible. Cooling these fast, and for 24 hours, tends to prevent any caving in. Handle while just out of the fridge to avoid getting smudges on your new melts. Wrap in a foil type wrap so they don't easily melt when someone carries it. The scent of these melts tend to be 'locked in' the melt, and when used, the aroma is quickly released.

### **Lip Balm Recipe:**

Again, these measurements are approximate depending on the type of balm consistency you like. Luckily, if you don't like the finished product, it is easy to melt and adjust. My recipe is:

2 ounces of cocoa butter;  
1/2 ounce of a carrier oil like jojoba;  
1/8 - 1/4 ounce of bee's wax.

Often, a couple drops of peppermint essential oil is added.  
Melt on low heat, blend together and pour into a little lip balm pot or similar.

Natural skin care is also about knowing that any natural as possible product you can make is

going to be far superior than any mass-produced chemical-filled jar of marketing exaggeration.

### **THE NATURAL CLEANERS:**

Natural cleaners and green cleaners are perfect for you, your family, your pets, and your home. If the Bubonic Plague returns, then get out those chemicals, but in the meanwhile, you must give nature a chance. Natural cleaners have no carcinogenics, allergens or immune system suppressants. If one method of natural cleaning doesn't suit you, try another one, the right back to basics cleaner is waiting for you.

#### **All-Purpose Cleaner:**

1/2 cup (125 ml) pure soap such as liquid castile,  
1 gallon (4 liters) hot water.

For a clean scent and to help cut grease, add 1/4 cup (60 ml) of lemon juice OR 1/2 tsp of lemon essential oil.

This solution is safe for all surfaces, should be rinsed with water, and is very effective for most jobs. For a stronger natural cleaner, double the amounts of soap and lemon juice or essential oil.

#### **Scouring Powder:**

Use a firm bristle brush and scrub with pure soap combined with either table salt or baking soda.

Baking soda alone on a damp sponge is also effective on most surfaces. You can also personalize your scouring powder by adding an essential oil. Put the ingredients in a blender or blend with a whisk, until the fragrance has infused the powder.

For oven spills, scrub using straight baking soda or combine with the stronger version of the all purpose cleaner. Wear gloves when scrubbing, even for natural cleaners.

#### **Air Fresheners:**

Commercial air fresheners work by masking smells and coating the nasal passages with chemicals which diminish the sense of smell by deadening the nerves, as well as using crude oil based carcinogenic chemicals that just happen to have scents. Try some of these natural recipes to diminish odor and add a fresh clean smell to your house:

1. Use baking soda in your garbage or refrigerator to help reduce odors at their source.
2. Dissolve 1 tsp (5 ml) of baking soda in 2 cups (500 ml) of hot water, add 1 tsp (5 ml) lemon juice. Pour the solution into a spray bottle and spray as you would an air freshener.
3. Place a few slices of a citrus fruit, cloves or cinnamon in a pot with enough water to simmer gently for an hour or two.
4. Most of the people I know use a couple drops of essential oils in inconspicuous places. Choose any scent you like.
5. Simmer cinnamon and cloves in water.
6. Pour vanilla extract on a cotton ball and place in a small dish. Use in your car, home or refrigerator.
7. Set out a dish of vinegar or boil 1 tablespoon white vinegar in 1 cup of water to eliminate cooking odors.

Try some of the natural cleaners that you can find in the green sections of your grocer.

**Liquid Dish Soap:**

Grate a bar of pure/castile soap into a sauce pan. Cover with water and simmer over low heat until they melt together. Add some vinegar to the water for tough grease and to remove spots. Pour into a container and use as you would any liquid dishwashing soap.

There are a lot of natural dish cleaners in the supermarkets these days. I like them but it seems like you need 2 - 3 times as much as the chemical versions, and for more money. Definitely give these versions of natural cleaners a chance.

**Mirrors, Glass and Windows:**

Wash with pure soap and water, rinse with a solution of 1 part vinegar to 4 parts water. Use washable, reusable cheese cloth instead of paper towels.

**Carpets:**

To fully clean and deodorize carpets, first vacuum, liberally sprinkle cornstarch or baking soda, leave one hour, then vacuum again. For tougher stains, try cold soda water or repeatedly blot with vinegar and soapy water.

**Polishes:**

Most store-bought polishes contain solvents harmful to the environment. Aerosol sprays are wasteful and also contain harmful gases. It always seemed that I was coating my lungs with the waxes in the polish if I breathed it.

1. Furniture Polish: Dissolve 1 tsp (5 ml) lemon essential oil in 1 cup (250 ml) vegetable oil. Apply with a clean dry rag.
2. Floor Polish: Melt 1/8 cup (30 ml) bees wax or vegetable wax in a double boiler. Add 1 quart/liter castor oil and a few drops of lemon essential oil. Apply with a rag, allow to dry and polish.

**Polishing Metals:**

1. Copper: Try lemon juice and a little salt or hot vinegar and a little salt on a rag.
2. Brass: Try equal parts salt and flour, with a little vinegar on a dry rag.

**Grease cleaner:**

Mix vinegar and salt together for a good surface cleaner. This mixture will remove grease if the vinegar is at full strength.

**Disinfectants:**

For kitchen cutting boards and bathroom fixtures, use a spray of distilled white vinegar followed by a 3 percent peroxide spray. Wipe clean.

**Glass cleaner, another recipe:**

Combine 1 quart warm water with 1/4 cup white vinegar or 2 tablespoons lemon juice (use both vinegar and lemon if you want the cleaning abilities of vinegar with the scent of lemons). Mix ingredients and store in a spray bottle. Use as you would any glass cleaner (add a drop or two of essential oil for a pleasant scent).

Invest in a squeegee. It is a great tool for cleaning windows. A razor blade also is a good tool for scraping off dirt or paint before cleaning.

**Crayon mark remover:**

To remove crayon marks from walls, floors, counters, cabinets and furniture, rub area with (natural) toothpaste and a damp cloth. Do not use on non-vinyl wallpaper.

**Natural cleaners for Hands:**

To remove heavy grime, combine 4 ounces of fine grain sand, 1 ounce of pumice powder and enough glycerin to moisten the mixture in a labeled screw top jar. Use about 1 tablespoon at a time, rubbing into the hands thoroughly.

**Hand disinfectants:**

1. The Environmental Protection Agency recognizes ordinary soap as a legitimate disinfectant. There are many vegetable-oil-based soaps available at supermarkets and health food stores.
2. Tea tree oil is antibacterial and antifungal. Add 10 drops of tea tree oil to 4 ounces of liquid castile soap. Shake to stir or blend in a pump container.

I hope you enjoyed these recipes! Stop by [natural-soap-making.com](http://natural-soap-making.com) and check out all the information that is "all things soap"!