



Faith Canter

NATURAL PRODUCT RECIPES

A selection of my favourite and completely natural, healthy and eco-friendly body, hair, pet and household product recipes.

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THE AUTHOR

Hi I'm Faith Canter. I'm an author, health wellbeing coach, therapist, nutritional consultant, food intolerance specialist, raw food and fermenting expert, environmentalist, traveller, wife, mother to three fur-babies and all round lover of life.

Things weren't always this way though. I suffered for many years with ill health, which included insomnia, IBS, food intolerances, headaches, fatigue, depression and then ME/CFS.

Today, I have recovered from all my previous ailments and I feel more alive, well and happy than I ever thought possible.

I recovered by using a whole life approach, addressing the toxicity of my mind, my body, my home and my overall environment. And I now support other people along their path to regaining not only their health, but getting their lives back too.

Did you know that we absorb up to 60% of what we put onto our bodies? Plus we inhale toxins into our respiratory system (if you can smell you are likely inhaling it) and we consume them in any food and drink that comes into contact with them also.

One of the things I did to reduce the toxicity of my body, home and environment, for my own health, that of my family and of the planet was to start making my own natural home, skin, hair and pet products.

This book is a collection of my favourite natural product recipes. They are all cheap, easy and fun to make. Hope you enjoy them as much as me.

NATURAL BODY PRODUCT RECIPES

Perfume Spray

Ingredients

One spray bottle

Purified water

20-30 drops of essential oils of your choice

2 drops of a clear spirit such as vodka (not essential if you're likely to use this fairly quickly)

Directions

1. Fill bottle until almost full (leaving about a cm free at the top).
2. Add essential oils.
3. Add clear spirit.
4. Put lid on and shake.
5. Shake well before each use.

Solid Perfume Sticks

Ingredients

2 tbsp. sweet almond oil
1 tbsp. apricot kernel oil
60g beeswax
 $\frac{3}{4}$ tsp. essential oils of your choice

Directions

1. Add everything except the beeswax to a glass bowl and place in a pan of boiling water.
2. Remove from heat and allow to cool slightly but not enough to harden. Stir in the essential oils and pour into empty 15ml lip balm tubes or pots
3. Put a lid on the container, once completely cooled.

Body Scrub/Bath Salts

Ingredients

$\frac{3}{4}$ jar of Epsom salts or Himalayan salts
20-30 drops of essential oils of your choice
2 tsp. seaweed powder/granules (optional)

Directions

1. Put all ingredients into an airtight jar, put the lid on and shake.
2. Use 1 cup in each bath.
3. Make sure contents do not get damp; replace lid in between use.

Use a teaspoon of the salts on damp skin as a scrub.

Oatmeal Body Scrub

Ingredients

90g finely ground oatmeal

Essential oils: 8 drops lavender, 8 drops tangerine, 8 drops rosewood, 4 drops chamomile

1 tbsp. dried lavender petals (optional)

Directions

1. Add essential oils drop by drop to a jar, stirring constantly to avoid clumping.
2. Application: combine one tbsp. of the mixture with a little water to form a paste; gently rub onto skin. What do you do after that?
3. This will keep for up to 1 year in the fridge.

Vanilla Sugar Body Scrub

Ingredients

170g fine brown organic sugar

80 ml sweet almond oil or other carrier oil

20 drops vanilla essential oil or 1 tsp. vanilla essence

Directions

1. Add vanilla essential oil to sugar in a mason jar, and stir thoroughly.
2. Add almond oil gradually, stirring continuously. Stop when the scrub reaches the consistency of moist sand.

Note: I also use a bamboo flannel. These are organic, natural, have no nasty colourings or chemicals on them and are slightly abrasive; they are a great alternative to body scrubs, especially if you have sensitive skin.

Bath Moisturiser

Ingredients

Small ice cube moulds

100g cocoa butter

20g almond oil

10g calendula oil

10g baobab oil

10g apricot kernel oil

20 drops of essential oils of your choice

Directions

1. Weigh out all ingredients.
2. Put cocoa butter in bowl and melt over a saucepan.
3. Remove from heat, allow to cool slightly and stir in the remaining oils (including essential oil selection).
4. Pour into ice cube tray and put in fridge to harden.
5. This will make approximately 24 small bath moisturisers.

Shea Butter Moisturiser

Ingredients

4-8 small jars or tins (depending on size)

299g shea butter

50g virgin coconut oil

25g watermelon oil

24g avocado oil

1g vitamin E oil or grapeseed oil (this is your preservative)

20 drops of essential oils of your choice

Directions:

1. Sterilise jars and weigh out ingredients.
2. Put shea butter and coconut oil into a bowl over a boiling saucepan and heat until just melted (don't overheat).
3. Remove from heat and add melon, avocado and vitamin E oils; mix well.
4. Add your chosen essential oils when cooled a little.
5. Put in the fridge for ten minutes before whipping. (This step cools the mixture further and helps with whipping.)
6. Stand the jug in a bowl of iced water and whip with either a hand or electric whisk until it has a creamy consistency. If using an electric whisk, do not let the mixture get too hot: this will prevent it from thickening.
7. Place the moisturiser directly into jars/tins; put lids in place and allow to set a little more.

Moisturiser Lotion Bars

Ingredients

240g shea butter

240ml coconut oil

240 g beeswax

10-20 drops essential oils of your choice

3 drops rosemary essential oil to preserve

Directions

1. Break up the shea and coconut butter a little.
2. Place shea butter, coconut oil, and beeswax in glass bowl.
3. Place bowl into saucepan filled halfway with water. Place saucepan over medium heat.
4. Stir ingredients until they are all melted.
5. Remove from heat and allow to cool ever so slightly (you don't want the mixture to harden), and add essential oils.
6. Pour into moulds of your choice.

Note: I love both of the above moisturising recipes, but more often than not, I apply just coconut oil all over my body: my skin has never been better. Coconut oil also helps scars to heal, reduces itching and swelling of bites, stings and bruises, and helps heal them. All round, it's great for your skin...and a little goes a long way!

Hand Lotion

Ingredients

120ml sweet almond oil
60ml coconut oil
60g beeswax
1 tbsp. shea butter
1 tsp. vitamin E oil
10 drops essential oils of your choice

Direction

1. Put all ingredients except essential oils into a glass bowl.
2. Place bowl over a saucepan full of boiling water.
3. Allow the ingredients to melt. This can take around 20 mins.
4. Once melted, remove from heat and allow mixture to cool a little but not enough to harden.
5. Add essential oils, if using, stir and pour into a jar. Close lid when hardened and cooled.

Shaving Cream

Ingredients

4 tbsp. shea butter

3 tbsp. coconut oil

2 tbsp. sweet almond oil

10-12 drops pure lavender or tea tree essential oil (optional)

Directions

1. I use a glass bowl over a pot of boiling water (a double boiler) and add the shea butter and coconut oil (breaking them up a bit whilst adding them) and let them melt, stirring occasionally.
2. Remove from heat once completely melted and allow to cool slightly but not enough to start the hardening process. Add almond oil and essential oils and stir to combine completely.
3. Transfer bowl to fridge and let the mix harden. Remove from fridge and use a stick blender to whip the mixture up.
4. Transfer to an airtight container and use within a month.

Deodorant

Ingredients

2 tbsp. apple cider vinegar
25ml witch hazel extract
3 drops thyme essential oil
2 drops lemon essential oil
2 drops rosemary essential oil
2 drops either lavender or peppermint essential oils (optional)

Small Spray Bottle (around 50ml)

Fill the bottle up with fresh filtered water.

Directions

1. Put all the ingredients into the spray bottle.
2. Shake well and spray underarms.
3. Shake well before each use.

Note: My favourite salt stone deodorant is by PitRock: it may seem expensive, but it usually lasts over a year, thus making it very economical indeed.

Cleanser

Ingredients

75ml filtered water

2 ½ tsp. witch hazel extract

4 drops lemon essential oil

4 drops juniper essential oil

Directions

1. Put all ingredients into your chosen bottle or jar and shake well to mix.
2. Put some of the mixture onto a cotton pad and apply to skin.

You can substitute lavender essential oil for the juniper oil, but do not add both.

Face Wash

Ingredients

10 tbsp. grapeseed oil
10 drops lavender essential oil
5 drops geranium essential oil
5 drops rose essential oil

Directions

- 1.** Add all oils to a dark bottle and shake gently. Store away from sunlight.
- 2.** Place a tsp. of the mix in the palm of your hand and gently massage into your face; then wash off with warm water.

All Purpose Balm

Ingredients

Stage one:

14g beeswax
40g olive oil
18g jojoba oil
21g calendula oil
6g shea butter

Stage Two:

12 drops vitamin E oil
20 drops essential oils of your choice

One Balm jar or tin

1. Sterilise the jar.
2. Weigh out all the ingredients.
3. Using a bowl over a saucepan of boiling water, heat all the stage one ingredients to melting point.
4. Remove the saucepan from heat and whisk the mixture until it cools but is still runny.
5. Add stage two ingredients and mix well.
6. Pour into jar and cover.
7. Close lids when cool.

Deep Heat – lavender, ginger, eucalyptus and clove

Insect Bite Balm – lavender and chamomile

Cold sores – melissa, lavender and chamomile

Vapour Rub for cold and cough symptoms – clove, eucalyptus, peppermint and chamomile

Liquid Soap

Ingredients

200g coconut oil
200ml sunflower oil
100ml olive oil
180ml filtered water
108g potassium hydroxide/lye (always wear protective gear when handling/using this)
10g potassium carbonate
10ml grapeseed oil or vitamin E oil (these act as a preservative)
2.5ml of a selection of essential oils (I always use tea tree and lavender oils as they are antibacterial; I then usually add another oil, such as chamomile, ylang-ylang or a citrus oil.)

Equipment

Double boiler (or a saucepan full of water with another smaller saucepan or glass bowl set inside)
Measuring scales
pH strips
Stick/hand blender
Wooden or stainless steel long-handled spoon
Funnel
Protection Equipment: eye protection, apron and gloves (wear these all the time when using potassium hydroxide/lye)
Bucket or saucepan
Airtight storage container (for excess soap to be used for diluting at a later date)

Directions

1. Weigh all the oils (except the essential oils) and put them into a saucepan.
2. Measure water and add to the bucket (or another saucepan).
3. Fill the saucepan with water and bring the water to the boil.
4. Put on all your protective gear. Weigh the potassium hydroxide/lye and potassium carbonate and add to the saucepan/bucket that is not on the heat.

5. Melt the oils in the double boiler and remove from heat when completely melted. Add the potassium hydroxide/carbonate/water mixture to the melted oil mixture and stir with a long-handled spoon.
6. Now, stir mixture with stick/hand blender until it comes to trace (this is when the stick blender makes patterns in the thicker mixture as it moves through it).
7. Place the mixture back into saucepan and cover with a lid. Stir this mixture every 15 minutes. The mixture may look like its separating or curdling, but this is fine. Make sure to keep topping up the water.
8. After 3 hours the mixture is ready to test for a safe pH level (which should be no less than a pH of 7).
9. The mixture has now become soap paste. Weigh 83g soap paste and dilute with 166 ml boiling filtered water and dissolve well. If it does not dissolve, put back on heat until it does. Take off heat and allow to cool down. Add grapeseed oil or vitamin E oil and essential oils and pour into a 250 ml soap dispenser using funnel.
10. Keep remaining soap paste in an airtight container until you are ready to make up more liquid soap.

Soap Bars

Ingredients

500g coconut oil
150g shea butter
350g olive oil
330g filtered water
154g sodium hydroxide (lye) never touch this without wearing protective gear!
3 medium figs
15g honey
5ml grapeseed oil or vitamin E oil
15ml of a selection of essential oils (I like ylang-ylang, frankincense and jasmine – but this is completely up to you.)

Equipment

Two large saucepans (or one saucepan and one bucket)
Rubber gloves, eye protection and a thick apron
A stick/hand blender
Two wooden or stainless steel long-handled spoons
Measuring scales
Soap or baking moulds
A sharp knife

Directions

1. Weigh out all the oils putting grapeseed oil or vitamin E oil and essential oils aside.
2. Pour olive oil and coconut oil into one of the large saucepans. Cut up shea butter into small pieces and add to the oils. (It will melt more easily when the lye is added, later on.)
3. Put on all your protective gear (apron, gloves and eye protection).
4. Measure water and add to the other large saucepan.
5. Measure out sodium hydroxide (lye) and add to the water. Make sure you do this in a very well-ventilated area!
6. Stir the mixture with a spoon until the lye has completely dissolved.

7. Cut the stems off figs, cut into quarters and liquidise with stick blender.
8. Add fig liquid and honey to the lye and water mixture and stir until honey has dissolved.
9. Add the lye, water, honey and fig mixture to the oil mixture in the other saucepan and stir with a spoon until all the oils have melted.
10. Now, begin to mix the mixture with the stick blender until it comes to trace (this means the stick blender leaves patterns in the mixture when moved around in it).
11. Add the grapeseed or vitamin E oil and your choice of essential oils at this stage and stir thoroughly into the mixture.
12. Put moulds (for making up to 1.5 kg of product) onto a tray. (I suggest this, so that you can safely carry them.
13. Pour the mixture into moulds and move to a safe place. Be very careful not to come into contact with the mixture yourself as it is highly acidic.
14. Allow the soap mixture to set for at least 48 hrs. (in some cases a day or two longer), until set but still a little soft.
15. Wearing gloves, take the soap mixture out of the moulds. If you used a large soap mould then cut soap into individual portions at this stage.
16. Leave the soaps for a further 6 weeks to cure. Do not use them before this time without performing a pH test on them to ensure they are safe to use.

Sunscreen

Ingredients

120ml almond or olive oil
60ml coconut oil
60g beeswax
2 tbsp. zinc oxide (do not inhale the powder.)
1 tsp. red raspberry seed oil (optional)
1 tsp. carrot seed oil (optional)
1 tsp. vitamin E oil (optional)
2 tbsp. shea butter (optional)

Directions

1. Place all the ingredients except zinc oxide into a glass bowl and place the bowl into a saucepan of boiling water and allow everything to melt down.
2. Remove from heat, allow to cool a little but not to harden and add the zinc oxide, stirring to make sure it's well incorporated.
3. Pour into a glass jar and allow to cool down totally before screwing on the lid.
4. Apply as you would regular sunscreen. Use within six months, and store away from sunlight.

Note: This sunscreen is somewhat, but not completely, waterproof, and reapplication is needed after sweating or swimming.

Almond Oil - SPF around 5

Coconut Oil - SPF 4-6

Red Raspberry Seed Oil SPF 25-50

Carrot Seed Oil - SPF 35-40

Shea Butter - SPF 4-6

Zinc Oxide - SPF 2-20 depending on how much used

NATURAL MOUTH CARE PRODUCT RECIPES

Mouth Wash

Ingredients

125ml water

125ml sage and/or chamomile infused water instead of above water

1 tsp. baking soda

3 drops peppermint essential oil

1 drops myrrh essential oil

Directions

1. Add all ingredients to your chosen bottle.

2. Shake well.

3. Swish around the in mouth, and then spit out.

4. Store in a dark place, i.e., a bathroom cupboard.

Note: Another mouthwash I make up: I pick fresh sage and camomile from my garden, pop it in a large bowl and pour hot water over them. I let this steep for an hour or so, remove the herbs from the liquid, allow it to cool and then I bottle it in a grosch style bottle. This keeps for weeks.

Tooth Cleaner

Ingredients

- 1 tsp. baking soda
- 1 drop thyme essential oil
- 1 drop peppermint essential oil

Directions

- Put all the ingredients in a small bowl and mix well.
- Wet toothbrush with water, put it into the mixture and use as you would a normal toothpaste.
- You may need to reapply half way through.
- Mix this recipe up fresh, each time you want to use it.

Note: Oil pulling, with either coconut oil or sesame seed oil is a brilliant way to strengthen teeth and gums. Because these oils are antifungal, antibacterial and anti-inflammatory, they help with receding gums, mouth ulcers, bleeding gums, thrush of the mouth, general oral hygiene and detoxification.

NATURAL HAIR PRODUCT RECIPES

Shampoo and Conditioner / Body Wash

Ingredients

1.5 tsp. guar gum

A selection of essential oils (totaling around 20 drops)

240ml filtered water

3/4 tsp. melted coconut oil

Directions

1. Choose the essential oils you would like to add to your conditioner. I like 5 drops of tea tree oil, 5 drops of lime oil and 10 drops of grapefruit essential oil. This makes a lovely fresh, invigorating and anti-bacterial conditioner.
2. Weigh out and add all the above ingredients to a blender, mixer or even a smoothie maker. Add the water first before the other ingredients so that they don't have a chance to settle at the bottom.
3. Blend until there are no lumps (this takes less than one minute).
4. Transfer to your chosen bottle.

Note: You can also simply use bi-carb for your shampoo and apple cider vinegar for your conditioner.

Anti-dandruff Hair Treatment

Ingredients

48ml jojoba oil
0.5ml vitamin E oil
25 drops tea tree oil
5 drops lavender oil
5 drops juniper oil
5 drops sage oil

Directions

1. Mix the jojoba and vitamin E oils together, add the essential oils and mix well.
2. Rub all the mixture all through your hair, covering the scalp well.
3. Cover with a plastic bag and then a towel and leave on hair for 10-12 hours.
4. Wash well with a natural shampoo, making sure to remove all oil.

Note: For damaged hair, massage either coconut oil, olive oil or honey into damp hair and let sit for 30 minutes. Then wash out thoroughly with a natural shampoo and conditioner.

Hair Spray

Ingredients

- 1.5 cups filtered or boiled water
- 2 tbsp. white sugar (add a little more, for more stiffness)
- 1 tbsp. of a white spirit (like vodka)
- 10-15 drops essential oil of choice (I like citrus oils)
- 1 tbsp. salt for more of a wavy beach look (optional)

Directions

1. Boil water, add sugar (and salt if using this) and dissolve completely.
2. Pour into a spray bottle, allow to cool; then add alcohol and essential oils.

HOME CARE PRODUCT RECIPES

Vinegar Antibacterial Spray

Ingredients

25 drops of essential oils of your choice
An old kitchen spray bottle, well cleaned
Fresh water (to fill 2/3 of your chosen bottle)
White vinegar (to fill 1/3 of your chosen bottle)
Half a lemon

Directions

1. Fill the kitchen spray bottle with 1/3 white vinegar and 2/3 filtered water.
2. Add up to 25 drops of a mixture of any of the following: tea tree, lavender, cedar wood, pine, lemon or orange essential oils.
3. Pour the juice of half a lemon into the bottle.
4. Shake well before each use.

I use this for cleaning my kitchen, all my windows, and floors and most everything else except wood. Be careful not to use it near or on any rubber seals around baths and sinks, etc., as it will eat away at these soft seals.

This recipe smells strong when you're using it but the smell soon disappears once dried.

You can also use the peel/leftovers of any citrus fruit by adding them to the mixture for a week or two first and then remove them before using.

Natural Bleach

Ingredients

A used kitchen spray bottle (well washed)

Fresh water (to fill $\frac{3}{4}$ of your chosen bottle)

1 lemon

Hydrogen peroxide (to fill almost $\frac{1}{4}$ of your chosen bottle)

Directions

1. Fill an old kitchen cleaner spray bottle $\frac{3}{4}$ of the way full with filtered water.
2. Then fill the bottle almost to the top with hydrogen peroxide and lastly add the juice of a whole lemon.
3. Shake well before each use and spray where needed like normal bleach.

You can also use this in your washing machine (add two cups per load) or as a soak for turning your greys white again.

Toilet Cleaner

Ingredients

50g baking soda it occurs to me that, since baking soda and bi-carb are the same.

240ml distilled white vinegar

20-30 drops tea tree essential oil

Directions

1. Combine vinegar and essential oil in a small spray bottle.
2. Spray this mixture inside bowl and around the toilet seat and allow to sit for several minutes.
3. Sprinkle baking soda around the sides of the toilet bowl and scrub with a toilet brush.
4. Flush toilet when done.

Bi-carb Deodoriser

Ingredients

Bicarbonate of soda to fill your chosen receptacle (I have an old shake-n-vac container I reuse – although an old talcum powder container would work just as well).

25/30 drops of your chosen essential oils

Directions

1. Fill up your chosen container with bi-carb (leaving about 2 inches space at the top).
2. Then add 25/30 drops of a mixture of essential oils and give it a really good shake.
3. Sprinkle carpets and rugs and leave for a few hours or overnight and then vacuum it up.

This is a great carpet or fabric deodoriser, and it works wonders with eliminating pet smells!

Laundry Liquid

Ingredients

50g of a bar of soap (or save the last bits from used-up soap bars), grated
2 litres water
100g borax substitute (it is actually called this and you can pick it up in most supermarkets)
100g soda crystals (you can pick this up in most supermarkets)
100ml white vinegar
30/40 drops of essential oils (antibacterial oils such as lavender and tea tree work well, as do any of the citrus oils)

Directions

1. Pour half the water (1 litre) into a saucepan, bring to the boil and then turn down to simmer.
2. Add the grated soap and allow to dissolve (stirring occasionally).
3. Add the borax substitute and soda crystals and stir again until dissolved.
4. Take off the heat and add the remaining litre of water, then the vinegar and stir well.
5. Add your selection of essential oils.
6. Pour the mixture into any old glass or plastic bottles using a funnel. Make sure to leave an inch or so at the top of the bottle so you can shake it before each use (as it will separate when standing for a while).
7. Allow to cool and then pop the lid on.
8. This laundry liquid can be used inside the drum or in the drawer and you will need approximately 50ml per wash.
9. You'll end up with around 2.2 litres of laundry liquid when following this recipe or you can double or even triple the ingredients to make more, as I do.

Note: I also use soap nuts. These are completely biodegradable; they don't come in lots of nasty packaging and if you order in bulk they have a very low carbon footprint.

Fabric Softener

Ingredients

200g Epsom salt or coarse sea salt
20-30 drops of essential oils of your choice
50g baking soda
airtight container

Directions

1. Place all items in the airtight container and shake well.
2. Add 2-3 tsbp. of the mixture to your washing.

Note: You can also put about 10 drops of essential oils on a flannel: this is a good substitute for tumble dryer sheets. And to help whiten greys, add some white vinegar and bi-carb to your load.

Washing up Liquid

Ingredients

800ml of boiling water
1 tbsp. of white vinegar
1 tbsp. of soda crystals
1 tbsp. of a bar of grated natural soap
8 drops of lavender oil
The juice of half a lemon

Directions

1. Pour boiling water into a large bowl, add all the other ingredients and mix well.
2. Allow to cool and then pour into an old washing up liquid bottle and use as normal.

PET CARE PRODUCT RECIPES

Dog and Cat Shampoo

Ingredients

An old hair conditioner or squeezable sauce bottle (well washed)

1.5 tsp. guar gum

A selection of essential oils (totaling around 20 drops) I put in 10 drops of tea tree oil and 10 drops of lavender essential oil for dogs and just lavender by itself for cats.

150ml apple cider vinegar

150ml filtered water

3/4 tsp. melted coconut oil

Directions

1. Add essential oil into the bottle.
2. Weigh out and put all the above ingredients into a blender, mixer or even a smoothie maker. Make sure to add the water first, so that the other ingredients don't have a chance to settle at the bottom.
3. Blend until there are no lumps (this takes less than one minute).
4. Transfer to your chosen bottle.

Cat and Dog Tick, Flea and Mosquito Spray

Ingredients

An old clean spray bottle

200ml water

400ml organic apple cider vinegar

2 tbsp. sweet almond oil

2 tbsp. freshly squeezed lemon juice or 5 drops of lavender and
5 drops of rosemary essential oils, if your cat (or even dog)
can't stand the citrus

Directions

Place all the ingredients into the spray bottle and shake well.

Spray liberally on fur/skin and leave to soak in.

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