



# Make Your Own Low Cost & Plastic Free



## Toiletries

with Plastic-Free Hackney



Nowadays, our homes are full of expensive products that we rely on to clean both our homes and ourselves.

These products are costly, packed with unpronounceable synthetic chemicals that may or may not be good for our health, and are frequently available only in single-use plastic packaging.

We'd like to look at doing things the old-fashioned way.

Using a few low-cost natural ingredients these recipes show you how to make your own toiletries at home. You'll be saving money whilst also knowing exactly what you're putting on your skin. Once you've mastered the knack, we think they make lovely gifts too.

Whilst all ingredients used are natural, we recommend with each product you do a patch test on your skin before using (put a small amount on a little area of skin and leave for 48 hours to make sure there's no reaction).

Plastic-Free Hackney is a not-for-profit campaign group committed to creating a cleaner and greener community for Hackney. We aim to do this by:

- raising awareness of the issues of single-use plastics and working with groups to find sustainable alternatives;
- organising litter picks and community events to remove plastic pollution from our environment.

If you would like to get involved with the group, please let one of us know or send us an email to [hello@plasticfreehackney.com](mailto:hello@plasticfreehackney.com)

Thanks to Hackney Council for sponsoring these workshops which are being run as part of the council's Zero Waste Week.

# Cold Cream

## Ingredients

60ml almond oil/olive oil  
30ml rosewater  
(or 30ml water with 10 drops of essential oil)  
1 tablespoon beeswax (grated)

## Equipment

2 bowls  
2 pans  
Grater  
Electric whisk  
Oven gloves  
Measuring jug  
Tablespoon  
Jar for storage



## Method

In a bowl over a pan of boiling water, melt the beeswax and the almond/olive oil. Heat slowly until the wax is fully melted in with the oil.

In another saucepan, heat the rosewater/water until it is roughly the same temperature as the oil/beeswax solution. It's important that both the water solution and the oil solution are really hot, since beeswax has a high melting point.

Once the solutions are at the same temperature (between 55-65 degrees), slowly pour the hot rosewater into a bowl. Use a whisk attachment on a stick blender and turn it on whilst slowly pouring in the oil/beeswax solution into the centre of the mixture (a bit like making mayonnaise!). Whisk until it is thick and gloopy.

Pour into a jar to store. If you like you can tap out any trapped air bubbles. The mixture settles a bit overnight, and will get a bit harder, but will spread on just like any other moisturiser. This works well as a body moisturiser and night cream, and during the day in winter. It feels a bit greasy at first but is absorbed quickly.

# Deodorant

## Ingredients

15g cornflour (or rice flour)  
15g bicarbonate of soda  
1 tablespoon coconut oil  
5 drops essential oil (optional)

## Equipment

Bowl  
Tablespoon  
Saucepan (to melt coconut oil)  
Jam Jar to store

## Method

If the coconut oil is too hard, melt gently in a saucepan on the hob. Then mix with remaining ingredients (you may find it easier to do this with your hands) and that's it!

Transfer to a small jar and apply using your fingertips - you only need a tiny amount.

Remember, this isn't an anti-perspirant, you will sweat! If you've not used a natural product before, your armpits will go through a short detox period ;)

# Lip Balm



## Ingredients

2 parts coconut oil (eg 2 teaspoons)  
1 part grated beeswax (eg 1 teaspoon)

## Equipment

Grater  
Teaspoon  
Mixing jug (if using microwave)  
Or pan of water and bowl (if using hob)  
Small pot/tin to store

## Method

Microwave method: In a mixing jug add the coconut oil to the grated beeswax and heat until both ingredients have melted into a pourable liquid. Pour into a pot whilst still hot.

Hob method: Combine grated beeswax and coconut oil in a bowl. Put this bowl over a pan of boiling water and heat until they've combined into a pourable liquid (this is a ban marie). Whilst hot pour into your pot.

Wait until it is cooled down and hardened and it is ready to use. You can also add essential oils or food colouring.

# Body Scrub

## Ingredients

6 tablespoons salt  
3 teaspoons soft coconut oil  
1 teaspoon dried rosemary (chopped)  
10 drops of lavender essential oil  
(jasmine or rose oil work well too)

## Equipment

Saucepan (for melting coconut oil)  
1 bowl  
Large spoon  
Jam Jar for storage



## Method

If the coconut oil needs to be melted, do so in a pan over a low heat.

In a bowl, mix sugar and coconut oil until it becomes a wet and gritty paste. Add dried rosemary and essential oil, then mix with a spoon or your hands. Mix until it's completely combined and store in a jar.

When you use it, rub in a circular motion over the body, especially dry areas such as elbows and knees. Rinse with warm water. You can swap sugar for sea salt. If your scrub gets runny, put it in the fridge to let it harden.

# Where to find the ingredients

Here are some of the most competitively priced places in Hackney to find the ingredients. Many are also available to buy at bulk shops.

Ingredients	Tesco	Aldi	Food for All	Akdeniz	Pak's
Almond Oil			£6.15/100ml	£1.99/200ml	£5.49/500ml
Aloe Vera	£3.00/390ml				£2.49/100ml
Beeswax			£2.45/100g		
Bicarbonate of soda	£1.40/100g	59p/200g			
Coconut Oil	£4.90/500g	£1.79/300g		£2.99/500g	£2.69/500g
Cornflour	£1.50/500g				
Essential Oils			£3/10ml		£5.50/30ml
Glycerin					£2.99/250ml
Isopropyl Alcohol (70%)					£3.99/500ml
Olive Oil	£3.00/1L	£2.39/1L			£5.99/1L
Rosemary	70p/30g or free from a Hackney Hedge				
Rosewater	£1.50/250ml			69p/300ml	£2.99/500ml
Sea Salt	£1.45/500g	85p/110g	£1.35/250g	£1.29/750g	£0.99/500g

Akdeniz: 245-251 Well Street E9 6RG

Pak's: 29 Chatsworth Road E5 0LH

# Where to get refills and unpackaged products in Hackney

## Bulk Food

**Get Loose** 1a Goldsmiths Row E2 8QA  
**Food for All** 3 Cazenove Rd N16 6PA  
**Bulk Market** 6 Bohemia Place E8 1DU  
**Re:Store** Shop 6, Hackney Downs Studios,  
17 Amhurst Terrace E8 2BT  
**Mother Earth** Albion Parade, 5 Albion  
Road N16 9LD  
**Millhouse** Arch 395, Mentmore Terrace E8  
3PH  
**Eat 17** 64-66 Brooksby's Walk, E9 6DA

You can find many more local zero waste options by putting your postcode into the excellent website [zerowastenear.me](http://zerowastenear.me)

Have you signed up to the Hackney Zero Waste Challenge? For a chance to win £50 to spend in local zero waste shops check out the challenge online:  
<https://www.hackney.gov.uk/zero-waste>

## Toiletry Refills

**Get Loose** 1a Goldsmiths Row E2 8QA  
**Food for All** 3 Cazenove Rd N16 6PA  
**Bulk Market** 6 Bohemia Place E8 1DU  
**Re:Store** Shop 6, Hackney Downs Studios,  
17 Amhurst Terrace E8 2BT  
**Hackney Fresh** 334 Mare Street E8 1HA

## Cleaning Refills

**Organico** 39 Chatsworth Road E5 0LH  
**Get Loose** 1a Goldsmiths Row E2 8QA  
**Food for All** 3 Cazenove Rd N16 6PA  
**Bulk Market** 6 Bohemia Place E8 1DU  
**Re:Store** Shop 6, Hackney Downs Studios,  
17 Amhurst Terrace E8 2BT  
**Mother Earth** Albion Parade, 5 Albion  
Road N16 9LD  
**Millhouse** Arch 395, Mentmore Terrace E8  
3PH  
**Eat 17** 64-66 Brooksby's Walk, E9 6DA  
**Health Stuff** 168 Dalston Lane E8 1NG

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