

## Sadzīves ķīmijas produktu izgatavošanas meistarklase “Recycling” Auduma maisiņu apdrukāšanas sietspiedes tehnikā meistarklase “Product life cycle investigation”

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“Dadzis”, “Mežniecība”, Tevenāni, Vilānu pag., Rēzeknes nov.

In this household chemicals workshop we will make a variety of everyday products from ingredients available at home. As a result, you'll have: a dishwashing liquid, an air freshener (can also be used on fabric) and a body and foot scrub. There will be a number of recipes for scrubs available, so you will be able to make all of them or only one of the offered.

In the set, you have 1 bottle of spray freshener and 1 small jar containing a “Vanilla Late” scrub. For other recipes, please prepare jars that are no less than 400 ml in size. If the kitchen cabinet does not contain some of the raw materials needed, they can be found in any grocery store.

The list of raw materials:

Salt (fine or coarse)
Drinking soda
Citric acid
Vodka (but it can be replaced with salt, so no need to specifically purchase it)
Brown and white sugar
Vanilla extract or vanilla sugar
Coconut oil
Olive oil
Honey
Natural coffee grounds

# Recipes

## 1. Dishwashing liquid (dry)

1/3 glass of salt (it's best to use fine salt)

2/3 glasses of drinking soda

1 tsp. of citric acid

Few drops of essential oil by choice

Instructions: add all the ingredients in a jar, mix well and it's ready to use.

Use: put the created mass on a wet plate or dishwashing sponge, wash the plate with circular movements. After scrubbing the dirt off, rinse the plate with clean water.

## 2. Air and body freshener (make it in the bottles sent to you)

10 ml of vodka or a pinch of salt (add immediately to the bottle);

20-30 drops of essential oils (use one or more from those sent to you);  
water.

Instructions: pour the vodka or add a pinch of salt straight into the bottle, then add the essential oils. Screw the bottle cap on and shake the bottle. If you use vodka, the mass in the bottle should turn white, if you use salt, the salt should dissolve). Add water to fill up the free space left in the bottle. And you're done!

Use: this freshener can be used on both clothes and furniture. If the skin is sensitive, it is better not to use the freshener on the skin. Shake the bottle before use.

Note for mixing the essential oils:

The mint essential oil fits into mixtures with lavender, tea tree, rosemary, eucalyptus, grapefruit, lemon and pine. Because of its strong menthol flavor, WE DO NOT RECOMMEND it to pregnant women, nursing mothers, children under age of 3, people with asthma, epilepsy and high blood pressure.

## 3. Sugar body scrub with vanilla and coconut

Jar (approximately 400ml)

64g brown sugar

3 tbsp. of coconut oil (molten)

¼ tsp. of vanilla extract or it can be replaced with 4g of vanilla sugar

Instructions: mix all the ingredients into homogeneous mass and place lid on the jar.

Use: apply small amount on wet skin and rinse.

Note on the effects of ingredients:

Brown sugar is known to clear the skin perfectly.

Coconut oil is a great gift of nature that can be widely used in beauty care and food making.

In the scrubs, coconut oil is used to moistening, fixing, and clearing the skin from the dead cells; it gently seeps into the skin.

Vanilla is popular in cosmetics because of its' aroma and because it moisturizes, softens and smoothes out the skin.

## 4. Sugar scrub „Sweet mint”

60g of sugar (white)

1 ½ tbsp. of olive oil

¾ tbsp. of honey

10-20 drops of mint essential oil

Instructions: mix all the ingredients into homogeneous mass and close the jar.

Use: apply small amount on wet skin and rinse.

Note on the effects of ingredients:

Sugar effectively, but gently purifies the skin from the old cells and softens it. By massaging on the skin, it increases the microcirculation in the upper layers of the skin, makes the skin more firm and smooth.

Olive oil is a softening raw material, also suitable for highly sensitive skin and rich in vitamin E.

Honey quickly seeps into the skin, making it feel fresh and silky, it also has smoothing effect on wrinkles.

Mint essential oil energizes, stimulates and increases concentration.

### **5. Sugar scrub “Vanilla Latte”**

22g of brown sugar

2 tbsp. of the natural coffee grounds

3 tbsp. of olive oil

¼ tsp. of vanilla extract or 4g of vanilla sugar

Instructions: mix all the ingredients into homogeneous mass and close the jar.

Use: apply small amount on wet skin and rinse.

Note on the effects of ingredients:

Sugar effectively, but gently purifies the skin from the old cells and softens it. By massaging on the skin, it increases the microcirculation in the upper layers of the skin, makes the skin more firm and smooth.

Coffee clears the skin from the dead cells, and freshens up with the strong and familiar aroma of coffee.

Olive oil is a softening raw material, also suitable for highly sensitive skin and rich in vitamin E.

Vanilla is popular in cosmetics because of its' aroma and because it moisturizes, softens and smoothes out the skin.

### **6. Mint and lavender scrub for feet**

130g of salt

85g of olive oil

10 drops of mint essential oil

5 drops of lavender essential oil

Instructions: mix all the ingredients into homogeneous mass and close the jar.

Use: apply small amount on wet feet, rub it into the skin and rinse.

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