

February Skillshare - *Made instead of bought*

In February's skillshare we had a look at some commonly used household goods that can be *made instead of bought*.

There are many things that we use around the house for cleaning, personal grooming, to make jobs easier or to complete a specific task, and often we buy these products week after week without considering if we need to. Some things are expensive to buy, some may be harmful to the environment, some are likely designed to make you buy them over and over, using a wasteful product that will make lots of money for the companies that produce and supply them.

We explored some easy to make replacements for things we buy and discussed what choices we can make, how we might decide to make our own and what the implications of doing so could be. We saw examples such as tooth powder and face mask, herbal vinegar, a homemade slow cooker, wild bird seed feeders and reusable kitchen roll and shared ideas of what can be made instead of bought.

Notes on the session



Tooth powder (we made this as an activity during the skillshare).

- 1/2 cup green clay
- 1/2 cup bicarbonate of soda
- 1 tbsp raspberry leaf
- 1 tbsp mint (or fennel or sage etc)
- 1 tbsp salt (use one with high minerals if possible)
- 5 dps cinnamon essential oil
- 50 dps myrrh tincture

All ground together and stored in an air tight jar. Decant a week or so's worth into a smaller jar so as not to keep opening main store!

Moisturiser - We talked about looking at the ingredients on bought products (have a look at products from shops such as Lush and Neals Yard Remedies, what do you recognise) Find info. in books (James Wong, Karen Gilbert) websites (fresholi forum, swiftcraftymonkey.blogspot.co.uk/ are good places to start)

Mouthwash - We saw an example made from tinctures, have a look [click here](http://www.learningherbs.com/news_issue_79.html) www.learningherbs.com/news_issue_79.html

magnesium oil - We saw an example made from a bulk bag of ingredients rather than buying a tiny bottle of pre-made [click here](http://www.wellnessmama.com/5804/how-to-make-your-own-magnesium-oil/) (www.wellnessmama.com/5804/how-to-make-your-own-magnesium-oil/)

dry shampoo - We saw example made from arrowroot and cocoa, [click here](http://www.wellnessmama.com/5047/diy-dry-shampoo) (www.wellnessmama.com/5047/diy-dry-shampoo)

salve - We saw a simple example made with bee's wax and olive oil and herbs to help skin healing. Very simple to make by melting ingredients together in a double boiler! See the resources mentioned for moisturisers.

hair wax - We saw an example made by looking at the ingredients of commercial products and thinking about what the product needs to do (needs to be waxy to hold the hair, but clay-ish to give some texture, have good scalp herbs and have an 'emulsifier' to help the wax and oil wash out).

laundry liquid - We talked about how this was something that we wanted to try to make and that some of the ingredients we have found good places to buy them from on Ebay. [Click here](http://www.onegoodthingbyjillee.com/2011/07/brand-name-laundry-detergents-last.html) www.onegoodthingbyjillee.com/2011/07/brand-name-laundry-detergents-last.html

scouring loofer - We mentioned that we could grow our own in a greenhouse!

knitted/crochet dishcloths/swiffers etc - Patterns for all kinds of household textiles can be found on ravelry, meaning that we can choose what materials our cloths etc can be made from.

We discussed how many products are marketed to us in a way that keeps them 'mystical' and dis-empowers us from making a decision other than to buy what we need.

If we look at the products we use and understand how they are made we are able to make our own judgements, should we buy it? could we make it? what is best?

Some places to get materials and ingredients

<http://www.cotsherb.co.uk/> - For herbs, spices, some resins etc.

<https://www.soapkitchenonline.co.uk/acatalog/Welcome.html> - For oils, bicarbonate of soda, clays, salts and things to make bath and body and cleaning products.

<http://www.fresholi.co.uk/> - Oils, emulsifiers and other bits and pieces to make body products.

<http://www.nealsyardremedies.com/> - Product inspiration, ingredients, tinctures (inc. propoils)

<http://www.baldwins.co.uk/> - Tinctures, resins, herbs (visit the shop near Elephant and Castle)

<http://www.hollandandbarrett.com/> - Herbs, salts etc. (can use website to check if they stock things)