

Anti-Perspirant

- 3 tablespoons coconut oil
- 3 tablespoons baking soda
- 3 tablespoons non-GMO corn starch

Mix your ingredients thoroughly into a stiff paste and spoon them into an empty underarm antiperspirant stick, cool it in the fridge until firm to the touch. Now you have your own homemade deodorant to apply as usual!

Eye-Shadow

Ingredients you will need:

- Arrowroot powder
- Cocoa powder for brown eye shadow
- Beet powder for pink eye shadow
- Spirulina for green eye shadow
- Activated charcoal for black/gray eye shadow
- Nutmeg for golden brown eye shadow

You will need to use arrowroot as your base for your DIY eye shadow. Use ¼ teaspoon of arrowroot to start, now you may add color until you get the shade you desire! Put into a small container, like these.

Face-Powder

You will need to start with 1 tablespoon of arrowroot as your base, and then you may slowly add 1-part cocoa and 1-part nutmeg until you get a shade that correctly matches your skin tone. Add clay-powder too and zinc-oxide for a more consistent base.

Also Cinnamon for turning the face-powder in to bronzer. Add Beet powder to make it a blush.

Shopping List:

- Arrowroot Powder (this is the base for everything, so buy a fair amount of this – everything else is for colour so you don't need to buy as much). (Real Foods)
- Cocoa Powder (Any Shop)
- Beet Powder (Real Foods)
- Spirulina (Real Foods)
- Activated Charcoal (Real Foods)
- Nutmeg (GROUND) (Any Shop)
- Cinnamon (Any Shop)
- Coconut Oil (Any Shop)
- Baking Soda (Any Shop)
- Corn Starch (Honestly IDK what this is you may have to get creative with where to find it). (You can get something similar from Real Foods).
- Small containers/pots (maybe buy like 20 – 50).
- Clay Powder and zinc-oxide (if you can find it).

Notes

Basically, for everything, buy about 100g (or if they don't do 100g, buy the closest to 100g that they do). This is except for arrowroot – buy maybe 300g of that. Buy about 500g of corn starch or similar, and similar amounts of coconut oil and baking soda.

Please bring 3 or 4 tablespoons with you from the flat.

Take Tupperware with you to pick everything up.

The Address for the Real Foods shop is this: 8 Brougham St, Edinburgh EH3 9JH. They have a lot of the stuff, so I would say try to buy as much from there as possible (even the stuff you can get in regular shops). Chat to them, let them know who we are (The Greenhouse) and what we're doing and what you're doing with the stuff you're buying. See if you can wrangle a discount.