

ECC RECIPES





COFFEE SCRUB

- 3-4 tablespoons of olive oil
- 1/2 teaspoon of cinnamon
- 2-3 drops of orange oil
- 1 tablespoon of coffee grounds
- 5 tablespoons of brown sugar

LAVENDER SCRUB

- 5 tablespoons of brown sugar
- 3-4 tablespoons of olive oil
- 2-3 drops of lavender oil
- 1/2 teaspoon dried lavender



CHAMOMILE SCRUB

- 5 tablespoons of brown sugar
- 3-4 tablespoons of olive oil
- 2-3 drops of orange oil
- 1 tablespoon of dried chamomile flower

Mix all the ingredients together. Add oil to obtain the desired consistency. For example, if the grounds are still damp, a smaller amount of oil will do, if they are drier, you may need a little more oil. The whole mixture should have a uniform, pasty consistency. The peeling cannot be too thick, as it will be difficult to spread, and it cannot be too thin, so that it is not runny during application.

CLEANSING MASK

1 tablespoon of warm milk

1/4 cube of fresh yeast

Mix the ingredients and apply the mask on your face for about 20 minutes. Wash the mask off with water.



MASK WITH CLAY

2 teaspoons of clay

0.5 teaspoon of any oil, e.g. rose. A few drops of warm water. Add two teaspoons of clay into a bowl that suits your skin/complexion type into a bowl.

White clay for sensitive and dry skin.

Red clay for combination, mature and vascular skin.

Green clay for oily and acne-prone skin.

Pink clay is suitable for all skin types.

Blue clay for skin prone to oily skin, eczema and acne.

Add half a teaspoon of any oil and a few drops of warm water.

Mix the ingredients thoroughly and apply a thick layer of the mask on your face.



MASK FOR SENSITIVE SKIN

Ingredients:

1 tablespoon of honey

5 tablespoons of warm water

5 tablespoons of oatmeal

1 tablespoon of natural yogurt

Mix all ingredients. Apply to face and wait for 15 minutes. Wash off with warm water.



HERBAL BODY OIL



7 teaspoons of dried lavender
3 sprigs of fresh rosemary Almond oil 150 ml
Olive oil 100 ml
15 drops of lavender oil

Pour lavender into a glass bottle and add rosemary. Pour in almond oil and olive oil. Add lavender oil, close the lid, mix all the ingredients and set aside in a place away from sunlight

SOAP NUTS

Put 5 to 7 halves of Indian nut shells into a linen or cotton bag and put them into the washing machine drum.

If the washing temperature does not exceed 60 degrees, the nuts can be used for up to 3 washes.

To scent the laundry, you can add essential oils (bergamot, peppermint or sandalwood oil).



DETERGENT

1 cup of soda powder
1 cup of borax
1/4 cup of soap flakes (can be scented)
a few drops of essential oil

Pour everything into a tightly closed container and shake to mix all the ingredients well. Add 1-2 tablespoons of washing powder into the washing machine.

To give your laundry a pleasant scent, you can add a few drops of essential oil to the fabric softener compartment.

It should not be used to wash reusable diapers because the soap flakes clump together with the microfibers and the diapers become less absorbent. The powder is suitable for washing light-colored items.



DISH SOAP

- 2 liters of hot water
- 1 teaspoon of baking soda
- 1 teaspoon of vinegar
- 5 g of soap flakes, a few drops of any fragrance oil

Combine the ingredients in a bowl or glass dish.
Once it has cooled down, pour the prepared dishwashing liquid into a glass bottle.

WINDSHIELD CLEANING FLUID

- 8 glasses of water
- 1 cup of vinegar
- 1 cup of liquid glycerin

Pour the prepared mixture into a spray bottle, spray the windows with the mixture and wipe them thoroughly with a dry cloth.



SURFACE CLEANING LIQUID



- 5 tablespoons of citric acid,
- 1 cup of boiled water
- 10 drops of essential oil

Mix all the ingredients thoroughly and pour the mixture into a spray bottle. You can wash any surface with this product because it is completely harmless: countertop, shelf, table, refrigerator, sink. Tested - it works and smells nice.

