

HOME, BEAUTY AND FASHION TIPS FROM CAROLYN DONOVAN

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Follow the 80/20 rule when it comes to **clothing** (we use 20% of our stuff 80% of the time); consider the following:

- Why is it so cheap?
- What is it made of?
- Can it be recycled?
- Who or what has been harmed in the process?
- Will it add to the millions of tonnes of unwanted clothing that ends up in landfill each year?
- Is it fair trade?
- Has it been made in a sweatshop, possibly using child labour?
- How many travelled kilometres and carbon emissions has this single item produced?

Beauty products – going natural :

- Use manuka honey for a face mask, body cleanser, to treat dry and damaged hair – honey has natural cleansing properties, retains moisture, antibacterial and healing properties

- Fruit acids – also known as Alpha-hydroxy acids (AHAs) are derived from fruit sugars; they act as natural skin exfoliants and gently make way for new cell growth. Try the following:
1 tsp organic raw sugar, 1 TBS apple juice, 1 TBS grape juice, 1 TBS lemon juice – shake together in a glass jar. Do a quick patch test to ensure it isn't too strong for your skin. Use a cotton ball to apply to your face, avoiding eyes and lip edges. Rinse off after 10 minutes. Glow.
- Paw Paw – freshly crushed and applied to skin once a week and left to dry for 15 min is a great way to cleanse, reduce large pores and appearance of sun spots.
- Bicarbonate of soda
 - Face – mix with oatmeal and water for a gentle face scrub
 - Teeth – dip toothbrush into bicarb and then brush
 - Hair – for dandruff prone hair or hair product build up, make a paste with bicarb and massage through hair, rinse out before shampooing
 - Feet – To soften calloused feet and eliminate food odour : Put ¼ cup bicarb soda in a large bowl of warm water and soak feet.
 - Skin – make a paste with bicarb and water and apply to insect bites or sting to alleviate skin irritations

In the kitchen:

- Bicarbonate of soda – cleans, deodorizers, removes stains, softens fabrics. Make it into a paste for a safe, non-toxic surface cleaner. Use as a fabric softener : add ½ a cup for washing machine rinse cycle.
- Lemon juice – grease and stain remover. Slice lemon in half and rub it on a chopping board to disinfect and remove stains.
- White vinegar – deodoriser, drain cleaner, disinfectant, stain remover, kitchen and bathroom bench top cleaner, window cleaner, toilet cleaner, cookware and kettle cleaner.
- Borax – mould and mildew remover. Always wear gloves as it is rather harsh on exposed skin.
- DIY Eco dishwasher detergent : 1 cup Borax, 2 cups bicarbonate of soda, 2 TBS citric acid, white vinegar (as the rinse aid) – Put all the dry ingredients in a tightly covered glass jar and shake well. Use 2 TBS per load. Pour the white vinegar into rinse aid compartment to make glassware sparkle.