

BOTTEGA ZERO WASTE



10 Ingredients & 8 Recipes to build your entire bathroom routine

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BOTTEGA ZERO WASTE

The 10 "Star"

Natural Ingredients

Zero waste living means simplifying your life. Finding key ingredients that can be used to make different products is one way to do that.

I have selected 10 natural ingredients which are easy to find plastic free and can be used to create a wide range of simple zero waste skincare and bathroom products.

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The 10 star ingredients

Oils and Butters

1 Oils



A lightweight, non comedogenic oil is the perfect choice to remove make up, cleanse the skin and moisturize dry ends.

2 Coconut Oil



Perfect to make solid products or products that require an antimicrobial action. Coconut oil is also great to soothe irritated skin.

3 Shea Butter



Packed with vitamin E, shea butter is a natural moisturizing perfect for dry, and allergy-prone skin. It adds hardness, slip and texture to products.

4 Cocoa butter

Very moisturizing, it is a key ingredient if you need to make a product solid (it is much harder compared to shea butter).

The 10 star ingredients

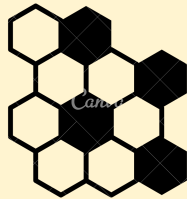
Thickeners/Hardeners

5 Starch



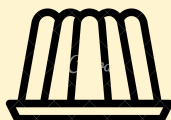
Arrowroot powder or corn, maize, potato starch can be used as natural thickeners and to add to products moisture absorbing properties. Often used in the creation of deodorants, bath bombs or body butters.

6 Wax



Although many diy projects use beeswax, there are many vegetable waxes available on the market. Some examples include sunflower wax, candelilla wax, carnauba wax, ricebran wax, soy wax. Waxes are essential to keep products solid at very high temperatures and to add slip and stickiness to products. They are often used to create lip balms, body balms, deodorants.

7 Vegetable thickeners



Popular vegetable-derived thickeners include agar agar, xhantan gum, guar gum. They thicken products and provide conditioning properties. Used in shampoo bars, conditioner bars, solid lotions.

The 10 star ingredients

Scent and texture

8 Essential Oils



Very concentrated plants extracts that capture a plant's essence and scent. As they are very strong compounds, you should always research the maximum allowed quantities depending on the type of essential oil and product.

9 Clays



Clays are great to use for the creation of face or hair masks. They are right in minerals and have great cleansing and detoxifying properties. They can also be used in shampoo bar to thicken the product and gently cleanse the scalp.

10 Baking Soda



A natural deodorant and abrasive ingredient (capable of cleaning). Perfect in deodorant and toothpaste recipes. Due to its high PH (10) it is essential that it is used in very small quantities in order to avoid skin irritation or excessive abrasion.

8 Zero Waste Beauty Recipes

1 Deodorant

1 tablespoons of shea butter, 3
tablespoon arrowroot powder or
corn starch, 1 teaspoons of
coconut oil, half teaspoon
baking soda, up to 15 drops of
essential oil

2 Toothpaste

2 tablespoon coconut oil
1 teaspoon baking soda
2 drops peppermint essential oil

3 Roll on Perfume

sweet almond oil to fill
the roll on bottle + 20
drops of essential oil

4 Make Up Remover

100 ml of your favourite
vegetable oil

8 Zero Waste Beauty Recipes

5 Lips & Hands Balm

3 tablespoons of shea butter
1 teaspoons of coconut oil

6 Solid lotion

3 tablespoons of cocoa butter
3 tablespoon of wax
2 teaspoons of sweet almond
oil

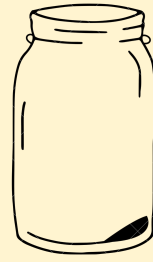
7 Clay mask

2 tablespoon of clay (e.g
bentonite, kaolin, pink, rhassoul
clay)
1 teaspoon of your favourite oil

8 Dry shampoo

2 tablespoon rhassoul clay
1 tablespoon arrowroot
powder

Some Tips on Where to Shop



WORLDWIDE

Amazon
Etsy
Wholefoods

UK

The Soapery
Acala Online
The Soap Kitchen
Just a Soap
The Source Bulk Foods
Bulk Market UK
Hetu
Pipoca Vegan
Byo London
Re:Store

EUROPE

Negozio Leggero (Italy)
Glamour Cosmetics (Italy)
La Saponaria (Italy)
Aromazone (France)
Bioreflora (France)
Waldehoe (Austria)
Kosmetikmacherei (Austria)
Cremas Caseras (Spain)

USA

Soaper's choice
Nurture Soap Supplies
Nature's Garden Candles
Bulk Apothecary
New Directions Aromatics
Brambleberry
Mountain Rose Herbs
Paris Fragrances

CANADA

New Directions Aromatics
Saffire Blue
Windy Point
Voyager Soap & Candle
Canwax

AUSTRALIA & NEW ZEALAND

New Directions Aromatics
(AU)
Aussie Soap Supplies (AU)
Go Native (New Zealand)