



# 3 SIMPLE ZERO WASTE SUMMER SWAPS



BOTTEGA ZERO WASTE

# Zero waste Summer Swaps



Summer is here and you are thinking of how overwhelming it must be to swap all those plastic packaged summer products we always use: creams, sunscreens, deodorants. You name them!

Worry no more! You are landing on the right place to the easiest three recipes that will sort out your zero waste summer. Yes! You heard it. Three amazing recipes that you can start creating at home and reduce more waste.

These swaps include a solid sunscreen, a homemade aloe vera cream, and a natural deodorant. Each recipe will take you less than 15 minute to make. Enjoy!

# Zero waste Summer Swaps

## RECIPES

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### Solid SUNSCREEN lotion

#### *Ingredients*

2 tablespoon non-nano zinc  
oxide  
1 tablespoon cocoa butter  
1 tablespoon sunflower wax  
1 teaspoon coconut oil  
1 teaspoon vitamin E oil  
10 drops of lavender essential  
oil



This sunscreen is in a solid form but I suggest carrying it around in a metal tin or in some cotton tissue. This sunscreen has not been tested and therefore I cannot advise on the SPF value, nor it should be substituting a professionally made sunscreen. Consider it more as a solid lotion with some extra sunscreen protection - I normally use it on my cheeks, lips or any sensitive areas that require a little extra protection.

#### *Instructions*

1. Melt all the wax and the cocoa butter at very low heat using a double boiler
2. When everything is melted, mix thoroughly, and slowly incorporate the zinc oxide while stirring briskly. Remember to wear a respirator or some mouth protection or at least hold your breath not to inhale any particles in
5. Pour into a silicone mould
6. Place in the freezer for about an hour before unmoulding it

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### After-sun aloe vera cream

#### *Ingredients*

2 tbsp Cosmetic aloe vera gel  
1 teaspoon coconut oil  
up to 5 drops lavender essential oil

This is the perfect after-sun cooling gel, enriched with hydrating coconut oil.

#### *Instructions*

1. Place the aloe vera gel into a bowl
2. add the melted coconut oil a little by little onto the gel and stir with a spatula to incorporate it well. The gel will start turn into a creamy white colour
4. Slowly incorporate the rest of the oil and keep stirring vigorously until you have obtained a light cream. The consistency should be between a "mascarpone" and a face serum
5. Add the essential oil and stir well

You can of course swap the oils with any oil you want. You could also experiment with less or more oil. If you add less oil, you will end up with a cream which is more jelly-like. If you add more oil, you will obtain a heavier cream perfect for drier areas.



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## RECIPES

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### No-stink Natural deodorant

#### *Ingredients*

3 tablespoons arrowroot  
powder  
1 tablespoon shea butter  
1 teaspoon coconut oil  
half teaspoon baking soda  
10-15 drops essential oil of  
your choice



Moisturizing, sweat absorbing, deliciously smelling. If you are sensitive to baking soda simply swap it with magnesium hydroxide.

#### *Instructions*

1. Melt the shea butter and coconut oil in the microwave or on a double boiler at medium heat
2. Mix the arrowroot powder and the baking soda in a bowl
3. Add the melted oils/butters to your powders
4. Mix well until there are no clumps left
5. Add your essential oil/s and mix well
6. Pour into your container
7. Let sit for about 1 hour in the refrigerator or overnight before using it

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my Notes