



Method 1: In an oven

1. Preheat your oven to 100°C
2. Cut your fabric into the sizes you prefer.
3. Lay baking parchment paper over the baking sheet, then place your fabric on top. Sprinkle your beeswax/rosin/jojoba oil mixture evenly over the top.
4. Place sheet in the oven and bake until the mixture is fully melted. This should take 5-10 minutes.
5. Using the paintbrush, spread the mixture evenly over the fabric. The mixture will adhere to the paintbrush just like it does with the cloth. You can't use the paintbrush for other purposes afterwards. Put it back in the oven for another 5 minutes.
6. When the mixture is evenly melted, remove the baking sheet from the oven and lift the sheet with tongs. You can wave it in the air to allow it to cool enough to touch (it doesn't take long at all) then hang it somewhere so that it can "set." Keep in mind that it will feel very tacky at first. That mellows out fairly quickly. The end result will have grip but not be super sticky.

Method 2: With an iron

1. Melt the beeswax, pine rosin and oil in a water bath.
2. Lay baking parchment paper over the baking sheet, then place your fabric on top.
3. Apply the wax-oil mixture with a paintbrush. Try to cover the fabric evenly.
4. Put another layer of baking parchment on top of the fabric.
5. Iron the baking parchment for a few minutes until the mix is evenly melted.
6. Remove the baking parchment and lift the sheet with tongs. You can wave it in the air to allow it to cool enough to touch (it doesn't take long at all) then hang it somewhere so that it can "set." Keep in mind that it will feel very tacky at first. That mellows out fairly quickly. The end result will have grip but not be super sticky.



Workshop “Naturally We Care”

RECIPES



1. Deodorant

Recipe:

1 tsp. coconut oil/fat

1 tsp. starch (tapioca/potato starch)

1 tsp. bicarbonate of soda

5 drops of essential oils (e.g. sage, tea tree oil or lime)

Method:

Heat the coconut oil in a bowl in the water bath (do not boil) and stir until liquid.

Take it off the heat and leave to cool (1 minute).

Then add the essential oils, stir and while constantly stirring add the starch and bicarbonate of soda and keep stirring until the mixture becomes creamy. Then pour the mixture into jars and leave to cool completely, finished! Fill in the labels.

2. Peeling

Recipe:

15g sea salt

15g sugar

15ml sesame oil, almond oil or olive oil

5 drops of essential oils (lavender, orange etc.)

1 tsp. rose petals (nurturing), marigold petals (calming) or rosemary (invigorating)

Method:

Weigh and measure out the ingredients.

Mix together the dry ingredients (salt, sugar and petals). Then stir in the oil, then add the essential oils and stir well. Pour into jars and label.

3. Lip balm

Recipe (for approx. 10 5ml containers):

20g beeswax

20g coconut oil

20g shea butter

2-3 drops of essential oils (orange, lime etc.)

1 pinch of vanilla powder



Method:

Weigh and prepare the ingredients.

Heat the beeswax, coconut oil and shea butter in the water bath until liquid. Take of the heat and stir in the essential oils and vanilla powder with a wooden spatula and then pour into jars and label.

4. Reusable Food Wrap

Most food-related plastics – including cling film and so-called BPA-free containers – can release dangerous chemicals. Bees Wrap is an eco-friendly, reusable alternative to plastic wrap. It's perfect for wrapping snacks, fruit, veggies, cheese, bread and even bowls.

- To use, just place over a bowl or container, wrap around food like cheese, or fold into a snack bag. The warmth from your hands will mould the wrap into the desired shape.
- The wraps can be washed with cold water and a mild soap.
- Since they cannot be washed with hot water they are not recommended for meat.
- Depending on how frequently they're used, they can last for up to a year. After that all you need to do is re-wax them in order to keep using them.

What you need:

- beeswax
- powdered pine rosin (this is what gives the wrap its “cling” factor)
- jojoba oil
- 100% thin cotton fabric (you can also use old shirts).
- paintbrush (can only be used for this purpose)
- cheese grater
- baking sheet
- baking paper
- oven or iron
- clothesline + clothes pins

How much you need (approximately) for a 35 x 35 cm wrap

- 2 tablespoons grated beeswax
- 1 teaspoon powdered pine rosin
- 2 teaspoon jojoba oil or almond oil