



## Fairtrade DIY SPA Collection! \*\*\*

### Lip Balm



#### MATERIALS

- Flavored (kosher) Gelatin crystals – the more packages of flavors, the more options you have to make!
- Lip Gloss Containers
- Fair trade Coconut Oil
- Fair Trade Shea Butter
- Measuring Cups and Measuring Spoons

#### DIRECTIONS

Scoop out the FT coconut oil and shea butter into a microwave safe glass bowl using a 1 to 1 ratio. (We recommend 1/2 cup each, and it makes lots)

Put it in the microwave for 30 seconds and then mix the mixture with a spoon until almost smooth.

Using a separate bowl, measure out 4 teaspoons of the oil and shea butter mixture and 1 teaspoon of the powdered flavored gelatin. This amount fit my containers perfectly.

Let them set up overnight and you have lip gloss. Please note, these will not add color to your lips, they do however have a slight flavor. You can add more

### Chocolate/Sugar Body Scrub



An all-natural body scrub that's almost good enough to eat!

Author: Dee

#### MATERIALS

- 1/2 cup fair trade white sugar
- 1/2 cup fair trade brown sugar
- 1/2 cup fair trade coconut oil
- 1 tablespoon fair trade cocoa powder
- 1/2 teaspoon fair trade vanilla extract

#### DIRECTIONS

1. Mix all ingredients together until fully incorporated
2. Spoon into a half-pint jar or smaller jars





## Replenishing Face Masks



### DIRECTIONS

- Wash face with your cleanser of choice
- Mix ingredients: ½ a very ripe Fairtrade avocado, 2 tbsp. fair trade honey, ½ tsp. Fair trade coconut oil.
- Mash or puree the avocado until it's smooth and creamy, then blend in the rest of the ingredients.
- Apply to your face, avoiding your eyes, and leave on for 10-15 minutes.
- Adding freshly sliced cucumbers onto your eyes while listening to a calming playlist will give you the added spa atmosphere.
- Wipe your face clean with a damp cloth and rinse your face with warm water.

## **Simple Banana Hair Mask**

### MATERIALS

- 1 ripe fair trade banana (for longer hair, two bananas recommended)
- 2 Tbs. fair trade coconut oil
- 2 Tbs. fair trade honey
- ½ cup full fat milk (coconut milk or yogurt can also be used)
- 1 Tbs. butter (optional)

### DIRECTIONS

- Put ripe banana(s) in a blender
- Add the following ingredients – honey, milk, coconut oil
- Blend them well to get smooth and creamy consistency (so that it is easier to rinse hair)
- Once you put the mixture through your hair evenly, cover your hair with a shower cap
- Wait for 20 minutes to half an hour
- Rinse out the banana-honey hair mask
- Use hair shampoo, and conditioner as follow-up

#### ***How it works:***

*Bananas, being rich in potassium, strengthen and thicken dull and lifeless hair. This hair mask ends up nourishing the scalp and hair follicles. It brings moisture and shine to your dull and lifeless locks. There is the goodness of vitamin C and antioxidants to make it a great hair mask.*





## Vanilla Latte Sugar Scrub



### INGREDIENTS

- 1/4 cup ground Fairtrade coffee
- 1/4 cup Fairtrade brown or white sugar
- 1 tsp. Baking Soda
- 1/4 cup Fairtrade melted coconut oil
- 1 tsp. Vanilla extract
- 1 tsp. Cinnamon (optional)

### DIRECTIONS

Add all the dry ingredients and mix until they're all blended.

Then drizzle in the oil until you get the consistency you want. You can adjust the amount of oil to fit the texture you want. Drizzle in slowly until you are happy with the consistency.

## 5-ingredient Fairtrade Green Tea Exfoliating Mask

### INGREDIENTS

- 1 fair trade green tea bag (dry!)
- 1 Tbs. baking soda
- water – for oily skin
- milk – for normal/combination skin
- olive oil – for dry skin
- honey – for all skin types; raw honey is great

### DIRECTIONS

1. Rip open the tea bags and mix with the baking soda, then store this mixture in an airtight container.
2. Wash your face with your favorite cleanser.
3. Mix up the mask according to your skin type above – 1 tsp. of mix plus 1 tsp. of one of the liquids..
4. Spread the mixture on your face with your fingertips and gently rub into the skin for 30-60 seconds.
5. Leave on for 5-10 minutes, then rinse off.
6. Follow up with your favorite toner





## Herbal Fair Trade Bath Teas



### INGREDIENTS

- 1/4 cup mixed Fair trade dried tea leaves (see side bar for suggestions)
- small muslin bag OR piece of cheesecloth and string

### DIRECTIONS

1. Place herbs into the muslin bag. If using cheesecloth, place herbs in the center of the cloth, gather up the edges, and tie with string.
2. Tie or hook herbal tea bag over faucet as the bath fills, allowing water to run through the bag or cheesecloth.
3. Once filled, remove tea bag from faucet and let steep in the water as you soak.
4. Enjoy the aroma and healing properties!

Author: Andrea Sabeau

### Choose Your Herbs

#### Relaxing

- Lavender flowers
- Orange blossoms
- Rosemary
- Chamomile

#### Refreshing

- Mint leaves
- Lemon verbena
- Lemon balm
- Lemongrass
- Jasmine flowers
- Basil
- Eucalyptus

#### Soothing

- Calendula
- Rose petals
- Dandelion flower

## \*\*\*Sourcing Fair Trade Ingredients for DIY Spa Recipes

**Coconut Oil** (Dr. Bronners, Level Ground, Lucy Bee, Nutiva)

**Shea butter** (Alaffia, Baraka, Global Mamas, L'Occitane, Ojoba Collective)

**Sugar** (Tate and Lyle, Wholesome)

**Chocolate/Cocoa powder/Coffee/Tea**

**Honey** (African Bronze, Bees for Hope, Glory Bee, Rowse, Trader Joe's, Wholesome)

**Avocado** (Index Fresh, Oke USA/Equal Exchange, Prometo Produce)

**Bananas** (Oke USA/Equal Exchange, Coliman)

*This educational resource was identified and compiled for FTJ use by Tamara Rebick.*



**CORIPHERY**  
Holistic Consulting Solutions