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## Stump the Grump

What age group recycles the least? Which recycles the most?

- A. 6 - 13
- B. 14 - 24
- C. 25 - 44
- D. 45 - 63
- E. 64 and older

Answer: In our throw away fast paced society ages 25 - 44 don't take the time to recycle. Therefore they (we) recycle the least!

64 year olds and older recycle the most! It's due to living through WWI & WWII, social aspects, more time on their hands, and simply because they care.

Way to Recycle!

## A Secret Recycling Place?

One room in the house often gets overlooked by recycling. In fact only 1 in 5 people will recycle items from this room and 20% of the population doesn't even know items here can be recycled! What room am I talking about? You guessed it, the bathroom.

It may seem like a silly idea to keep a recycle bin in the bathroom but did you know that over 552 million 15 oz shampoo bottles could end up in US landfills each year? If all of these bottles were to get recycled each year, we'd

save over 12.5 million gallons of gasoline!

So why don't we recycle items in the bathroom? It's inconvenient, especially when the toilet paper runs out and you're stuck strategizing how to get more without removing your backend from the toilet seat. Or when you realize you're out of conditioner in the middle of washing your hair, what a bummer. During times like these, recycling the toilet paper roll or conditioner bottle is so far in the back of our mind it doesn't even register. But what would happen if we

did get into the habit of recycling in moments of peril such as these? Just think of all the gasoline we'd save!

A recycle bin in the bathroom might be over the top, but placing empty items on top of the counter or toilet for recycling isn't. Try and make recycling in the bathroom a habit, just like recycling in the kitchen. Since bathroom garbage needs to be removed anyhow, take the time and go one simple step further - recycle.



## Upcycled Jars



day2day SuperMom (<http://www.day2daysupermom.com>) came up with a fun way to make faux apothecary jars. Look to the left for what she used - food jars & lids and old drawer pulls! These jars are perfect for sprucing up and organizing the bathroom.

## Recycle This

Here's a reminder of all those wonderful bathroom items that can be saved from the landfill.

**Plastics**— Plastic items that can be recycled include and are not limited to the following: shampoo, conditioner, lotion, liquid soap, medicine, hair spray, gel, mouth wash, multi-purpose cleaner and toilet bowl cleaner bottles. Plastic film such as the wrap around toilet and paper towel rolls can also be recycled, just not curbside. Take plastic film to a store or collection point that accepts plastic bags for recycling.



Please leave out non-bottled items such as sticks of deodorant, mascara tubes, make-up compacts, disposable razors, squeeze lotion tubes, petroleum jelly and hair wax containers.

**Cardboard**— In life there are always ex-

ceptions to the rule, the same applies to recycling. Manufacturers will apply or insert special additives in cardboard boxes if they're made specifically for the bathroom, refrigerator or freezer. The reason behind this is to keep moisture out and the products inside intact. Boxed items such as toothpaste, soap, and feminine hygiene products are among those that can't be recycled. However, tissue boxes, toilet paper and paper towel rolls (which are covered and protected by paper) can be recycled.

**Metal**— Aerosol or metal cans such as hair spray, deodorant, shaving cream and air fresheners can all be recycled. Make sure to remove or pop off the nozzle top of aerosol cans before placing them into the recycle bin. Why remove the top? Recyclers are weary of pressurized items. A silly can of hair spray may



not seem like much, however in the eyes of a manufacturer it could hold a bomb of spray that may injure a worker. By removing the nozzle and/or placing a hole in the side will reassure the recycler that the container is empty and will not harm a worker during the recycling process.

**Glass**— Glass items such as spent candle holders, lotions, cleaners, and essential oils can all be recycled as well. Please keep windows, mirrors, drinking glasses, and ceramics out of the recycle bin.

These items are made of different materials than container glass and need to be manufactured through a separate process. When these types of glass are mixed with glass bottles & jars, it can cause production or machinery damage and defective containers unsuitable for use are created.



## Cork Bath Mat

Blogger CraftyNest has a great excuse to drink wine and an amazing way to reuse corks! ([www.craftynest.com](http://www.craftynest.com))



### Supplies

**175 wine corks** (plus a few extra to allow for mistakes)

**hot glue sticks**

**non-adhesive shelf liner**

### Tools

**pocket knife** (sharpened)

**cutting board** (one that you won't mind if it gets slightly damaged)

**rotary cutter and mat** (or scissors)

**long ruler or yardstick**

**hot glue gun**

**coarse sand paper**

### Directions

1. Cut each cork in half lengthwise with a sharp pocket knife. Be patient and careful so you don't cut a finger off. It's best if you use natural cork wine corks that are similar length and width. Sand the bottoms flat if any of your cuts are jagged.



2. Arrange the corks into a rectangle, flat sides down. Use a ruler or the lines on a cutting mat to make sure your configuration of corks is as close to a straight rectangle as possible. My mat is 18.5 x 30 inches (10 x 35 cork halves)—a little smaller than a standard size bath mat, but then my bathroom is smaller than a standard size bathroom.

3. Measure and cut the shelf liner to size with a rotary cutter, ruler, and cutting mat.

4. Transfer the outer rows/columns of corks to the shelf liner and glue them to

the top side of the liner. Apply a rectangle-shaped line of glue to the flat side of each cork, about 1/8 inch from the edge, line up the cork with the edge of the mat, and press hard. Wipe away any glue dribbles before it hardens fully, but after it cools (so you don't burn yourself).

5. Once your frame is in place, transfer the rest of the corks to their corresponding position on the mat. You'll probably have to do some arranging and trading places to make all the corks fit. Then remove one cork at a time and glue it down. You're done!

### Side Note

Unless you are in the habit of creating a swamp of your bathroom floor every time you shower (and you know who you are), unsealed wine cork bath mats can be expected to hold up as well as most store-bought bath mats.



## DIY Bubble Bath

Making your own bubble bath is the only way to guarantee what chemicals (if any) are used. You can also customize the scent to work with what you love best or to help your ailments with Aromatherapy. Lastly, use homemade bubble baths as a body wash. They're dual purpose and can save money.

Store all unused recipes in an air tight container and shake/remix before each use.

### Simple Bubble Bath

- 1/2 cup unscented liquid castile soap
- 3/4 cup water
- 1/2 tsp sea salt or glycerin (table salt works )
- 15-20 drops of your favorite essential oil

### Use these directions to mix up the next 3 bubble baths.

1. Pour the soap into a medium mixing bowl and very slowly add the water so it won't bubble over.
2. Stir as gently as you can until mixed.
3. Add salt or glycerin and stir slowly until the consistency becomes that of a light gel. (Include coconut oil during this step.)
4. Add the essential oil or blend of oils that you chose and keep stirring slowly until well blended.
5. Pour into a bottle with a snug cap.
6. Fill a tub with some hot water and pour some of the bubble bath in and relax.

## Aromatherapy

Practitioners of aromatherapy believe that fragrances in the oils stimulate nerves in the nose. Those nerves send impulses to the part of the brain that controls memory and emotion. Depending on the type of oil, the result on the body may be calming or stimulating. (www.WebMD.com)



The next 2 bubble bath recipes have essential oils that are considered aphrodisiacs. Make sure the kiddos are asleep before bathing ;)

### Love Potion Bubble Bath

- 4 oz unscented liquid castile soap
- 4 oz liquid glycerin
- 1 quart water
- 6 drops jasmine essential oil
- 3 drops rose essential oil
- 3 drops vanilla essential oil or extract
- 6 drops ylang ylang essential oil

### Rose Bubble Bath

Makes up to 10 applications.

- 5 oz liquid castile soap
- 1 oz coconut oil (melted)
- 1 oz glycerin
- 1 drop jasmine essential oil
- 2 drops rose essential oil



Store in an air tight container.

These next 3 bubble baths are a bit more potent. I would not recommend using them as a body wash as they may irritate sensitive skin when not diluted in bath water. Add a small amount of glycerin to

make them extra bubbly, as castile soap alone won't leave lasting bubbles.

### Chocolate Bubble Bath

Makes 1 application.

- 2 Tbs. unscented liquid castile soap
- 2 tsp cocoa powder
- 1/2 tsp honey

Mix well then add to running water.

### Vanilla Bubble Bath

Makes 1 application.

- 2 Tbs. unscented liquid castile soap
- 3 - 5 drops vanilla extract or essential oil
- 1/2 tsp honey

Mix well then add to running water.

### Creamsicle Bubble Bath

Makes 1 application.

- 2 Tbs. unscented liquid castile soap
- 2 drops bergamot essential oil
- 2 drops tangerine essential oil

Mix well then add to running water.

**Glycerin** (also called glycerol) is a naturally occurring alcohol compound and a component of many lipids. Glycerin may be of animal or vegetable origin. This ingredient is often a byproduct of soap manufacturers.

The use of glycerin and coconut oil creates lather and bubbly suds. Play around with the amounts used to create a perfect lather. They also soften and moisturize the skin.



### If you're feeling .... then use:

- Stressed** - Chamomile, Lavender, Lemon, Orange, Vanilla
- Anxiety** - Chamomile, Cedarwood, Jasmine, Lavender, Rose, Sandalwood
- Low Self Esteem** - Grapefruit, Jasmine, Orange, Rosemary
- Fatigue** - Ginger, Grapefruit, Jasmine, Lemon, Peppermint, Rosemary, Sandalwood
- Agitation** - Chamomile, Lavender, Orange, Sandalwood
- Sadness/Grief** - Chamomile, Grapefruit, Jasmine, Lavender, Lemon, Orange, Rose, Sandalwood