

My Tahira Products

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Simply Living Waste Free

Your guide to transforming your personal care routine with package & chemical free products

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Mytahiraproducts.com



Welcome-

Your life is about to change.

Maybe you've spent years fighting with your body, or maybe you're just tired of all the toxicity & plastic in every product sold readily on the shelves.

I can't wait to show you how easy it is to replace your basic personal care routine with simple, natural, and waste-free products.

A little about me...

It all started after reading "[There's Lead In Your Lipstick](#)" by Gillian Deacon. She exposed me to the truth about chemicals in everyday products and inspired me to just try making my own deodorant...

Eight years later and I haven't bought a tube of deodorant since. One by one, I found alternatives for the products I thought I needed to buy from the drugstore. I found ingredients that were natural and accessible, that nourished my skin & body from the inside out. I found my body responded more positively to the gentle products I was using, and my impact on the earth greatly decreased without all the packaging and chemicals we leave behind after use. Oh yeah - and I managed to save a lot of money.

My passion for the environment kept me motivated to experiment, but I did not need much convincing after my skin cleared, my hair tamed down and I didn't stink after a workout. These products not only helped me embrace my natural body, but the notion of creating what we typically buy from stores empowered me as an individual to avoid unsustainable consumerism.

I've taught workshops for all ages, and now am so grateful to be able to spread this information to you to experiment at home with these products that changed my life.

Listen to your body. Embrace your true self, and connect with what makes you feel good.

Toothpaste

A simple recipe that can help remineralize teeth and kill bacteria in the mouth.

Ingredients: ½ cup baking soda, 10 drops either peppermint or cinnamon & clove oil. Optional, coconut oil as preferred. Mix & store in glass jar with lid.

How to use: Using the spoon included, scoop onto your wet toothbrush. Brush and swish around your mouth, rinse well.

Deodorant

The recipe that started it all! Classic and simple but most effective. Baking soda is an allstar when it comes to neutralizing odours, arrowroot powder to absorb any moisture, and of course, coconut oil as a simple base to show some love for your pits! The added essential oils (lavender and tea tree) are the antiseptics that will get rid of any stinky bacteria.

Ingredients: ½ cup coconut oil, ⅓ cup arrowroot powder, ⅓ cup baking soda. 15 drops lavender & tea tree oil. Mix & store in glass jar with lid.

How to use: Once freshly showered, pat dry your armpits and scoop a small amount onto your fingers, ensuring the mixture is well combined (will melt & separation is natural, just give a quick stir!). Gently rub into your armpits and allow a little bit of time to absorb before putting on clothes.



Face and body Mist

Such a lovely & light toner to help balance PH levels, refresh and nourish your skin. Use after you wash, or when in need of a pick me up!

Ingredients: One part witch hazel, one part water. Optional- a few drops rosemary & peppermint essential oil. Fill glass atomizers.

How to use: Close your eyes and swiftly spray your face with one or two pumps. Use before moisturizing.

Face and Body Oil

The simplest of moisturizers that can be used solely for your face, or for your body. Best to use when your skin is damp so that it can easily spread and absorb.

Ingredients: Carrier oil of choice. Optional - a few drops lavender essential oil. Fill glass bottle with dropper.

How to use: Pump just a few drops onto your fingers and massage into skin.

Soap:

Handmade soap from the [Sage Soap Company](#). Why I chose it? It's waste free & does not contain palm oil. Click [here](#) to find out why I avoid this harmful ingredient.

Shopping List

You can find the following products at most grocery stores, or at Bulk Barn and health food stores. To keep it waste free, shop with your own containers, or look for minimal & recyclable (or refillable) packaging.

Certain ingredients are highlighted in the workshop, others are mentioned on my [blog](#).

- Coconut Oil (cold pressed, unrefined) *
- Baking Soda *
- Arrowroot Powder (or cornstarch) *
- Essential Oils - 100% pure (start with tea tree, lavender, and peppermint) *
- Carrier oils - Jojoba, Sweet Almond, Olive, Coconut, Grapeseed
- Bentonite Clay
- Witch Hazel

To add once comfortable with experimenting:

- Raw honey*
- French Green Clay
- Castor Oil
- Apple Cider Vinegar *

**available at most Bulk Barn locations.*

Download and print this handy [pocket guide](#) for chemicals to avoid in personal care products. If you'd like more information on the chemicals to avoid, check out this great report from the [David Suzuki Foundation](#).

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If you haven't already, email me at tahira.products@gmail.com

Let me know your experience with the products so far, any questions you may have, and if you have interest in a one-on-one Skype call to discuss your own body & what products may be helpful.

With gratitude,

Chantelle