

## 60 minutes to start your day.

Make some organic plant food.

Did you know that food scraps make excellent feed for your plants.

Chop up some banana skins into small pieces and feed into the soil around the plants.

Recycle old tea bags, sprinkle the contents around your plants. Coffee works in the same way.

If you have any flat lemonade or coke in the fridge you can feed it to your plants too.



## Make your own Body Scrub.

This is a healthy recipe for body scrub that you can make yourself. Think of the benefits!

Costs less, and the ingredients can all be found in your cupboards!!

1 cup of brown sugar

2 oz of coconut oil or sunflower oil

Mix together and put in a plastic container, ready for use.

Optional ( add 1oz of cocoa butter, and a little *essential* oil or lemon juice)

