

The amount of water available for our use depends on its quality. Each time we use water we change the quality by adding substances such as municipal sewage, toxic chemicals, solvents, detergents, pesticides, fertilizers, sediment, oil-based compounds, debris, and waste heat. Polluted water can spread disease, kill aquatic life, destroy plants and animals, and make rivers and lakes unfit for recreation. Because our water supply is limited, cleaning our used water and safeguarding our clean water is an important part of using our resources wisely.

Everyone has a role to play in keeping our water supplies safe. Everyday activities affect water quality. By being cautious about the use of hazardous substances - pesticides, fertilizers, herbicides, paints, fuels - and the disposal of all types of waste, every citizen can help keep our water resources safe and clean. Contaminants are commonly derived from municipal, agricultural, and industrial wastewater. This includes residues from personal care and cleaning products. By removing these toxins, we can get one step closer to cleaner.

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The Rivanna River is often referred to as “Mr. Jefferson’s River.” Thomas Jefferson grew up on the shores of the Rivanna and later built his Monticello home along its banks. Sharing Mr. Jefferson’s appreciation for this historic river, a group of Fluvanna County residents established The Rivanna Conservation Society (RCS) in 1990.

RCS is a nonprofit 501(c)(3) organization created in 1990. As the “Voice of the Rivanna,” RCS’s mission is to safeguard the ecological, recreational, historical, cultural and scenic resources of the Rivanna River and its tributaries. RCS sponsors events and hosts activities throughout the watershed, including river paddles, riverbank and instream clean-ups, public education forums, teacher and student education, training and water quality monitoring events, riparian buffer plantings and watershed restoration projects.



Beauty & Body Products



Whipped Body Butter

Ingredients

- 1 cup pure unrefined shea butter
- 1 cup organic cold pressed coconut oil
- 1 tbsp jojoba oil (optional)
- 2 tbsp vegetable glycerin (optional)

Directions

- Place all ingredients in a blender and process until smooth. (Important to break up the chunks of shea butter to create smooth finished product).
- Pour mixture into a mixing bowl and place in the refrigerator to cool until it solidifies.
- Using a stand mixer or hand mixer with the whisk attachment, whisk cooled mixture until it takes on a whipped consistency similar to whipped cream.
- Spoon whipped butter into tubs or jars with a lid and store in a cool place. This will become liquid again if it gets too warm.

Orange & Vanilla Honey Shampoo

Ingredients

- 1/2 cup of castile soap
- 3/4 cup of raw honey
- 1/4 cup authentic African black soap (optional - can be replaced with more castile soap or any other natural liquid soap)
- 1 tbsp raw apple cider vinegar
- 1 tsp of sweet orange essential oil (use no more than 1/2 tsp if making for a baby)
- 1/2 tsp of vanilla essential oil

Directions

- Mix everything together and fill into a shampoo bottle.



Mouthwash

Directions

- Mix it all together.

For one "serving"

- 1 tbsp organic coconut oil
- 1/2 tsp organic peppermint oil
- 1/2 tsp baking soda



Toothpaste

Ingredients

- 2 tbsp baking soda
- 2 tbsp bentonite clay
- 1/2 tsp sea salt
- 10-20 drops peppermint oil (or to taste)

Directions

- Mix all ingredients together in a non-metal bowl, or place in a small glass jar and shake until combined.
- Simply dip your dry toothbrush into the powder and start brushing. Suggested: brush/shake the powder onto teeth, run toothbrush in a little bit of water, then brush as normal.

Deodorant

Ingredients

- 1/4 cup coconut oil
- 2 tbsp cornstarch
- 1 tbsp + 1 tsp baking soda
- 20-25 drops lavender essential oil

Directions

- Melt your coconut oil (if necessary) and mix with the cornstarch and baking soda.
- Add the essential oil.
- Mix.
- Transfer to a glass container.
- Will last 2-3 months depending on usage.



Sunscreen Lotion Bar

Ingredients & tools

- 1/3 cup melted coconut oil
- 1/3 cup shea butter
- 1/2 cup grated, tightly packed beeswax - about 2 oz weighed
- 2 rounded tablespoons plus 1.5 teaspoons uncoated, non-nanoparticle zinc oxide
- essential oils/vitamin E (optional)
- silicone mold, muffin tin or other mold



Directions

- Gently melt coconut oil, beeswax, and shea butter in a double boiler.
- Stir ingredients until smooth and melted.
- Remove from heat. Add zinc oxide. If you're adding optional essential oils/Vitamin E, add them, too.
- Stir until blended, then pour into molds. Silicon muffin tins work well.
- Allow to cool before removing from tin. If you'd like to speed things along, pop the in the freezer for 10-20 minutes.

Mosquito Repellant

Ingredients & tools

- Empty spray bottle
- 1/2 c (4 oz) witch hazel
- 8 drops citronella essential oil
- 8 drops lemongrass essential oil
- 6 drops lavender essential oil

Directions

- Put all ingredients in a spray bottle
- Shake.

