

DIY (DO IT YOURSELF) BODY PRODUCTS



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DISCLAIMER: The researched content of this publication exists as Divine message Sakomufo Akosua Tanisha Boduaa Seshat Aaebo Akhan received as Okofohemma (Warriorress Queen) of thirty five thousand year old Asanteman Amaruka Atifi Mu (Asante Nation in North America), Akwamuman Amaruka Atifi Mu (Akwamu Nation In North America), and Kansa Asante Ahemman (Kansa Asante Empire), both originally founded by Asante Abibibrifo Fie Deɛ Amarukafo (Asante Black Indigenous Americans) in Kansa (Kansas) while engaged in akom (spirit possession) and nkom (spirit communication) with Nyamewaa-Nyame (The Supreme Being), the Abosom (Deities/Gods/Goddesses/Forces In Nature), and Nananom Nsamanfo (Honorable Ancestors & Ancestresses).

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BODY PRODUCT RECIPES

Black Soap Recipe

1. Make a quart of oil using 1 cup of shea butter, 1 cup of jojoba oil, 1 cup of coconut oil, ½ cup of grapeseed oil, and the remainder corn oil. Combine and warm all oils in a stainless steel saucepan. Melt shea butter in warmed oils.
2. Wearing gloves and eye protection, fill a stainless steel pot about ½ full with lye mixture (recipe below). Heat on medium low. Start adding a cup of the mixed oils at a time, stirring well. Let it simmer for 10 minutes or so.
3. Keep adding a cup of oil at a time, stirring well, until it starts to look thick, creamy, and dark tan. You'll notice some solid soap starting to form on the inside edge of the pot. When you see this, it's time to pour the mixture into silicone soap molds (sold at most craft stores) pre-greased with olive oil.
4. If the mixture is very thick, press it into molds. A glass cake pan that has been greased will work fine. Once the soap is in the mold, cover it with wax paper. Let stand for 1-2 days.
5. When soap becomes semi-hard, cut the block into soap bars. Soaps poured into soap molds don't need to be touched. Let the individual soap bars cure for 2 weeks. The soap will cure quickly because it is partially cooked.

Liquid Black Soap Recipe

1. Place one 6-8 oz. bar of Black soap in a lidded 18-24 oz. container. Fill the remainder of the container with water. Place the lid on the container. Once the mixture is fully diluted. Shake before each use.

Castile Soap Recipe

1. Add 40 oz. of jojoba or olive oil to your slow cooker on high heat. Turn the slow cooker on high to heat the oil.
Put on safety gloves and eye protection. Pour 32 oz. of distilled water into a large glass mixing bowl. Slowly and carefully add 9 oz. of potassium hydroxide lye flakes. Use silicone spatula to mix the lye solution, stirring slowly and carefully until the flakes are completely dissolved.
2. Stir the oil and add the lye solution into the slow cooker. Use your spatula to stir the oil in the slow cooker. Then carefully pour the lye solution into the slow cooker. Add it slowly so the solution

doesn't splash.

3. Use an immersion blender to blend the oil and lye together on slow speed and then increase to medium speed. Blend for 5 minutes, moving the blender around in the slow cooker to make sure all the oils and lye solution are mixed.
4. Cover the soap and cook for 3 hours, stirring every 30 minutes. Once the soap mixture thickens, set the timer on your slow cooker for 3 hours. Cover the slow cooker with the lid, stirring every 30 minutes with a silicone spatula.
5. Add 1/2 oz. of the soap mixture to hot water to test the clarity. After about 3 hours, check to see if the soap looks translucent with a gel-like consistency. If it does, use a measuring spoon to transfer 1/2 oz. of the soap mixture into 1 oz. of hot water. If the soap melts and remains translucent, it's ready to be diluted.
6. Heat 10 cups of distilled water on the stove. Use a measuring cup to measure out and add 10 cups of distilled water to a pot. Then, heat the water on the stove until it just starts to boil.
7. Dilute the soap mixture with the 10 cups of hot distilled water. Carefully add the hot distilled water into the slow cooker, pouring slowly so it doesn't splash on your skin. Use a silicone spatula to stir the soap and distilled water until combined.
8. Leave the slow cooker covered and on the warm setting for 8 hours. Once the soap mixture is diluted with hot distilled water, set your slow cooker on the "keep warm" setting. Leave the soap to liquefy for about 8 hours or overnight. Use a ladle to transfer the liquid castile soap into jugs, bottles, and soap dispensers.

Lye Recipe

1. Choose which one of the following you would like to dry; banana skins and peels or plantain skins and peels or cocoa pods (cocoa mulch). Get a low fire going on the grill and place the skins and peels or cocoa pods (cocoa mulch) on a cookie sheet. Leave covered on the grill for an hour or so. Continue roasting until they are dark ash.
2. Place the ash into a 5 gallon plastic bucket. The bucket should be about $\frac{3}{4}$ full of ash. You can also use stainless steel or glass. Just don't use aluminum or copper because lye will react to these materials. Add enough rain water, distilled, or filtered water to fill the bucket a few inches from the top. Cover the container securely. After a few days. Check to see if it is ready.
3. Be sure to use gloves and eye protection, as the lye may be caustic at this point. To check for doneness, drop an egg into the water. If it sinks, it needs a bit more time. If it floats just below the surface, it's ready. If it floats on top, add some more water as this indicates it's too strong.

4. When the lye is ready. If you originally failed to break the ash into small enough pieces. Use a mesh strainer to get out the biggest pieces of ash. Leave behind the smaller particles. Then stir and scoop out what you need. Again. Remember to always use gloves and eye protection for this step. And always keep vinegar on hand to neutralize any lye spills.

Skin Toner Recipe

Mix together 1oz. aloe vera gel together with 4 oz. witch hazel. Add a drop of chamomile essential oil and mix thoroughly. Pour into an airtight container or glass bottle.

Acne Treatment Recipe

Mix 6 oz. of witch hazel with 4 oz. of apple cider vinegar. Add 10 drops of tea tree oil. Apply to non-sensitive areas. Rinse with water after 15 minutes.

Neti Pot Solution Recipe

Add 1 cup distilled water to a clean container. If using tap water. Boil the water first to sterilize it. Then let it cool until it is lukewarm.

10 drops of rosemary essential oil

6 drops of tea tree oil essential oil

*Mix ingredients thoroughly. Combine one pinch of mixture with warm water in a neti pot to create a solution.

Disclaimer: It is very important to keep your nostrils clean. I recommend purchasing a neti pot and cleaning it before and after each use. To use a neti pot, tilt your head sideways over the sink and place the spout of the neti pot in the upper nostril. Breathing through your open mouth, gently pour the solution into your upper nostril so that the liquid drains through the lower nostril. Repeat on the other side.

Toothpaste Recipe

1 drop of cinnamon or peppermint essential oil on toothbrush.

Consider always washing your toothbrush with natural soap before applying toothpaste to it. And contrary to popular belief, brushing your teeth after every meal is still a thing. Ninety-nine percent

of Black people that chew gum and eat tic tacs and mints all of the time simply need to brush their teeth more often.

Lip Balm Recipe

Melt 1 tablespoon beeswax in a bain-marie over a low heat. Remove from heat. Use a whisk to add 4 tablespoons of sweet almond oil, 1 teaspoon of honey, and half a teaspoon of vitamin E oil.

Transfer mixture into a pot. Let stand for 3-4 hours. Apply to lips as needed.

HAIR PRODUCT RECIPES

Apple Cider Vinegar Hair Rinse

Pour 3 cups of hot water with 1 cup of apple cider vinegar into a bottle. Add a sprig of rosemary. Let stand until cool. Shake well before each use. Apply to hair and scalp. Massage scalp 1-2 minutes before rinsing out.

Shampoo Recipe #1

Boil 8oz of distilled, spring, or rain water. Add 2 teaspoons of dried rose petals. Let stand for 30 minutes. Then drain the liquid into a bottle. Add 3oz liquid castile soap, 3 tablespoons aloe vera gel, and 1 teaspoon jojoba oil. Shake well before each use.

Shampoo Recipe #2

Mix together one cup of liquid castile soap with 1 cup of organic green tea that has cooled after steeping for 30 minutes. Add one tablespoon of jojoba oil and one teaspoon of raw honey. Pour ingredients into a bottle. Shake well before each use.

Conditioner

2 large avocados

4-6 tbsp extra virgin olive oil

2 tbsp pure vegetable glycerin

1 tbsp pure honey

ESSENTIAL OILS RECIPE

How To Make Essential Oils

1. Purchase an essential oil still. They average around \$200-400 depending on size. You can also Google how to make your own essential oil still using stainless steel and glass parts.
2. Determine when to harvest your organic plant material. The amount of oil in a plant depends on where it is in its life cycle, so it's important to harvest each species of plant at the right time.
3. Do some research to determine when to harvest the plants you want to distill. For example, Lavender should be harvested when about half the flowers on the stem have withered. Rosemary, on the other hand, should be harvested when the plants are in full bloom.
4. Harvest your plants correctly. Just as you need to do research to determine when to harvest plants for best essential oil production, you need to do research on how to harvest them.
5. Careless handling, harvesting the wrong parts, even harvesting at the wrong time of day can reduce the quantity and quality of the essential oils. Most essential oils are held in the plant's oil glands, veins and hairs, and these are very fragile.
6. Be choosy if purchasing your plants. Only purchase organic plants that appear healthy and undamaged, and ask the seller when they were harvested. Plants that are in whole form (not crushed or powdered) are best.
7. Dry the organic plant material. Drying reduces the amount of oil in each plant, but can greatly increase how much essential oil you make per batch. This is because you'll be able to fit more material into each batch. Drying should be done slowly and away from direct sunlight.
8. The ideal drying method varies from plant to plant, but in general, you shouldn't overheat the plants. Drying in the shade or even in a dark room minimizes the oil loss.
9. Pour water into the tank of your still. If you made your own still, your tank is the pressure cooker. Use clean water; it should be ideally filtered or distilled and as soft as possible. If you're using a manufactured still, follow the manufacturer's direction.
10. Make sure you have enough water to complete the distillation. Depending on the plant and on the quantity, distillation can take anywhere from a half hour to six hours or more after the water boils.
11. Add your organic plant material to the water. Fit as much organic plant material in the tank as you can contain. You don't need to chop or otherwise prepare the plant in any way. Doing so will cause you to lose some of the oils.
12. Make sure the organic plant material doesn't block the steam outlet in the lid of the pressure

cooker. Leave about two inches of leeway. As long as you have enough water to last without boiling off, your plants should be fine even if they're packed in tight.

13. Bring the pressure cooker to a boil. Seal the lid so that the only steam that escapes must travel through the pipe that's attached to the steam valve. Most plants will release their essential oils at 100 degrees Celsius or 212 degrees Fahrenheit — the normal boiling point of water.

14. Keep an eye on the still. After a while, the distillate should begin to come through your condenser and into your separator. The process should be fairly hands-off, but you want to make sure you don't run out of water in your still.

15. Depending on the length of the distillation process, you may also need to change the water in the cold-water tub. If the hot pipe warms the water up, replace it with fresh cold water or ice so that the cooling process continues to work.

16. Be prepared to yield a very small amount of essential oil from a large amount of plant matter. Percent yields vary from species to species, but they're always much lower than a beginning distiller might think.

17. Pour the oil into a container for storage as quickly as possible. Most essential oils can be kept for at least one or two years, but some have very short shelf lives.

18. To maximize the shelf life of your oil, keep it in a dark glass bottle or stainless steel container. Use a clean funnel to pour the oil into the container, and make sure the container is clean before pouring the oil into it. Store it in a cool, dark place.

19. Decide what to do with the hydrosol as well. The other material in the essencier is hydrosol — water that's been distilled and infused with the scent of the plant. Hydrosols like rose or lavender water have many uses and benefits.

20. If you don't want to save the hydrosol, you can pour it into the still for the next batch if you will be distilling another batch immediately. Otherwise, you can just throw it out.

*Drying the organic plant material before distilling is recommended but not necessary.

ACTIVATED CHARCOAL RECIPE

Part One of Three - How to Make an Outdoor Fire

1. Find a low, dry, sheltered space. In order to protect your fire from the wind, you should build your campfire on ground that is lower than the land around it. Consider setting up the fire in an alcove against a rock or cliff face that will protect the flames from the wind. Make sure that the ground is dry and that there is no chance of your spot being exposed to rain.
2. If you are in a forest, look for a large clearing and build your fire near the center. This way, the flames won't lick too close to the surrounding trees.
3. If you're expecting rain, you have two options: build the fire within a natural shelter, like a cave or an overhang; or tie up your own protective cover using a tarp or a tent fly.
4. Build the fire pit. First, dig a shallow hole no more than 3-8 inches deep so the fire is protected from the wind. Then line the rim of the pit with stones or a thick berm of earth. This protective barrier will help retain the heat and should keep the fire from spilling beyond its boundaries.
5. Use large stones (as big as your hand) to build the bulk of the barrier, then use smaller stones and soil to fill the cracks. Try to choose dry stones.
6. If you cannot dig, you should still try to build a protective perimeter. Clear any twigs and leaves at least two feet away from the edge of your fire circle.
7. Practice fire safety. Keep a water source nearby to extinguish the fire if need be. Make sure to clear flammable objects from the perimeter of the fire pit. Sweep away dry leaves, pine needles, twigs, and other things that might accidentally catch aflame. Clear a swath at least a foot wide.
8. In a pinch, you can put out a fire by quickly shoveling earth or sand over the top. However, there is no substitute for water.
9. Build a log "tipi". Search around your campsite for logs and large branches. The logs should be about the diameter of your leg above the knee. Make sure to use dry, clean logs; avoid wood that is rotting, mossy, or waterlogged. Prop three or four logs against each other so that they provide shelter for your kindling, but also allow plenty of air to flow through your fire. Set aside extra logs for later. They will form the primary fuel once the fire is started.
10. If you want a fire just for the evening, use softwood such as pines, firs, and other trees with needles. If you want your fire to burn through the night, use hardwood: trees with leaves, like oak and birch.
11. Gather kindling: twigs, leaves, and bark and make certain they are completely dry. Depending on the ecosystem, it may take time to find enough twigs, so be patient. Search beneath trees and bushes where these bits may have fallen. Make a large pile of twigs near the campfire site. Then, when they are

gathered, carefully stack them in the center of the fire pit, between the legs of the "tipi."

12. Gather small branches. These should be no thicker than an inch in diameter or about as thick as your thumb. Collect an armload or two of these branches. Once you have these branches, put them on top of your dry twigs in the fire pit.
13. If you are burning hardwood, you want to use only fallen branches that are dead and very dry. If you are burning softwood, you can take the branches directly off the tree, needles and all.
14. Prepare your tinder. This is the flammable material that you will burn to get the fire going. You can use thin bark, dry leaves, newspaper, cardboard, pine needles – anything that will catch fire quickly and ignite the wood. Think of it as the "fuse" that leads to your bed of dry twigs and leaves. Set aside plenty of tinder so that you can light the fire in several spots.
15. Protect the fire pit from the wind. Get down on your knees and place your tinder underneath your twigs. Place yourself between the fire and the wind. If there is a lot of wind, use your logs to create a barrier which will stop the breeze from buffeting your fire.
16. Use a magnifying glass, flint and steel, a match, or a lighter to light the fire. If you don't have any of these items, you can still make a fire using friction. Make a v-shaped notch in a board or log, and choose a spindle that will create the friction. Rub the spindle between your hands as fast as you can, moving your hands up and down the spindle rapidly. When the board or log begins to smoke, use your tinder nest to catch the glowing spark you've produced.
17. The tinder will catch quickly and begin to burn. Light the tinder in multiple places if possible. Watch the fire carefully to make sure that the kindling (twigs, leaves, bark) catches and stays ablaze.
18. Try fanning the flames to push airflow through the kindling. Fire catches best when there is a slight breeze, but not enough to blow it out.
19. Stack more branches on the fire. As the kindling catches, proceed to place larger and larger branches on top of it until you can no longer see the flames. Be patient, and don't add too much at once. Make sure to leave plenty of gaps for airflow so you don't want to suffocate the fire.
20. Put a log on the fire. Once the blaze burns through the larger branches, heave one large log onto the top of the kindling. Again, make sure not to stifle the fire. After ten minutes, put two more logs onto the fire, along with a few more large branches. Add fuel every 45 minutes, or as needed.
21. Maintain the fire. Keep an eye on the flame to make sure that it doesn't get out of control; watch where the sparks are landing, and be aware of where the wind is blowing. From time to time, stoke the heart of the fire with a long stick to push the embers to the surface. Knock off charred portions of log in order to expose new wood to the flame. When the fire gets low, add more branches or another log.
22. Make sure to extinguish the flames before abandoning the campsite, going to sleep, or otherwise leaving

the fire unattended. If possible, wait for the fire to naturally burn down to the embers. Start by shoveling dirt or sand into the pit to subdue the blaze. Then, when the fire is just coals, pour water over the embers until they have cooled and are no longer giving off steam.

23. Avoid pouring water directly onto a blazing fire. This will extinguish the flames quickly, but it will also throw up a large cloud of dust and steam. Be patient.
24. When the fire is out, fill in the pit completely with dirt. If you are camping in the backcountry, consider scattering the stones, rearranging the leaves, and returning the space to the way it was when you found it.

Part Two of Three - How to Make Charcoal

1. Locate a safe area to build an outdoor bonfire and find out if your city requires you to have a burning permit.
2. You will need a metal drum with a fire proof lid. Choose any size metal drum you prefer according to how much charcoal you desire to make.
3. Fill the metal drum with cured wood chopped into 4 inch pieces. The most common cured woods used to make charcoal are cherry, oak, maple, and hickory.
4. Fill the metal drum with the cured wood. Pack the metal drum tightly with wood and fill it all the way to the top.
5. Put the lid on the drum. The lid should close well enough to stay in place without being airtight.
6. Prepare to light a bonfire. Gather additional wood to make a bonfire that will burn for 3 - 5 hours. Stack the additional in a circle, leaving a hole in the middle to place the metal drum.
7. Place the metal drum in the hole and stack more wood on the pile encircling it.
8. Light and burn the bonfire for at least 3 hours and longer if you are using a large drum packed full of wood.
9. Let the fire completely burn out and cool down before approaching the drum.
10. When you open the lid, you will see a fresh batch of pure lump coal.

*A fire proof metal pot with a vented lid can be safely positioned over a bonfire to make small batches of charcoal, but still requires burning for 3-5 hours.

Part Three of Three - How To Make Activated Charcoal

1. Clean the amount of fully cooled charcoal you would like to activate by rinsing it with cool water.
2. Grind the cleaned charcoal into a fine powder. Method #1 - Transfer the cleaned charcoal to a mortar bowl and use the pestle to grind it up into a fine powder. Method #2 - Put the cleaned charcoal in a durable plastic bag and crush it up into a fine powder with a mallet or a hammer.
3. Allow the charcoal powder to air dry completely. If you used a plastic bag, transfer the powder to a clean bowl, otherwise you can leave it in the mortar. Let it stand for at least 24 hours.
4. Combine calcium chloride and water in a 1:3 ratio in a glass chemistry breaker or PTFE dish, using a glass stirrer until the calcium chloride dissolves. You'll need enough of the solution to cover the charcoal completely. Be careful when you mix these substances; doing so will cause the solution to get very hot.
5. If you do not have calcium chloride, you can substitute fresh lemon juice. Be sure to strain the fresh lemon juice if necessary. Then combine the 1.3 cups of fresh lemon juice and 3.9 cups of water in a glass cup.
6. Transfer the dry charcoal powder to a stainless steel or glass mixing bowl. Add the calcium chloride solution or lemon juice solution to the powder in small increments, stirring it with a spoon as you do so. When the mixture reaches paste consistency, stop adding the solution.
7. Cover the bowl and let it stand 24 hours untouched. After that, drain as much of the remaining moisture from the bowl as possible. At this point, the charcoal should be wet, but not saturated.
8. Place the charcoal in a clean metal pot and safely position the metal pot over a bonfire. The fire will need to be hot enough to boil water for the charcoal to activate. After cooking for 3 hours at this temperature, the charcoal will be activated.

SAKOMUFO



Sakomufo Akosua Tanisha Boduaa Seshat Aaebo-Akhan, Asante indigenous asuman (talisman) name - Mama Owo Kokoo Nduru (Mama Red Snake Medicine), is an indigenous Akan (Asante) American descendantess of royal Akan (Asante & Akwamu) Americans who voluntarily migrated to North America prior to the enslavement era, which includes the "Lansing Man" - whose 35,000 year old indigenous Akan (Asante) American skeletal remains were discovered in Lansing, Kansas in 1902.

Sakomufo is Komfoah (Priestess/Healeress/Conductress) of The Indigenous Underground Railroad & Okofohemma (Warriress Queen) of the 35,000 year old Asante Nation In North America, Akwamu Nation In North America, and Kansa Asante Empire In North America established in Kansa (Kansas). Sakomufo is the first to produce irrefutable evidence that clarifies the genetic, cultural, and religious distinctions between identifying as Black indigenous versus "Indian".

Sakomufo is an outspoken Survivoress of international Black human trafficking, Slavery, being human trafficked at birth, her countless failed attempts to escape human trafficking, and being forced to leave her Children behind in order to garner legal and financial support to free their entire family from over a century of international Black human trafficking by the white jewish mafia founded in Kansas by Theodore Wiener, from Poland; Jacob Benjamin, from Bohemia; and August Bondi, from Vienna.

Sakomufo launched Black Sovereignty Nationism as the first bloodless revolution blueprint that exclusively exists to globally inspire, empower, and educate Black people to reclaim their individual, familial, and communal sovereignty. Sakomufo is also the first to expose the reality that indigenous Akan American descendants/descendantesses remain the sole owners/owneresses of Kansa (Kansas) and Hwanyan (Hawaii), sovereign and segregated territories governed by Kansa Asante Empire.