

OILY RECIPE



Ingredients

You will need a few pots of molasses (thick black sugar syrup).
One pot of 500g will be enough to cover 2 people.

- 1 bottle of corn oil
- 2 boxes of corn starch
- 1 carton of coco powder
- 1 bag of flour



Instructions

Mix 1 part corn oil with 2 parts corn starch and 1 part cocoa powder.
Thicken the mixture with extra starch or basic flour to get the
thickness that you wish. You don't want it to be too runny.



First place a thin layer of the sticky molasses all over the body.

Next add the the cocoa/corn starch mixture on top.

Avoid getting this on any items of clothing that you care about.



Keep some of the molasses and mix on the side - and take it with you
for your oily activity in case you need to touch up!

The mix is non-toxic and non-irritating for the skin but here's some
things you need to be aware of:

Avoid using this mixture on a very hot summer day, as it is so full of
sugar that it may attract bees and other insects.



The mixture is very sticky and takes some washing to clean off
(certainly in hair) - so make sure that you set up a good washing
system after your activity.

