

**Everyday chemicals in your exposome: Do-it-yourself alternatives!** 

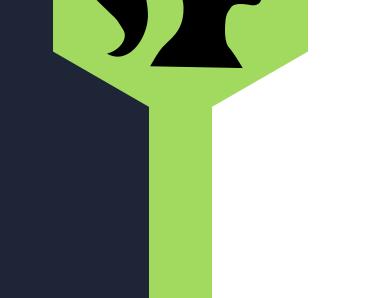
# **Persond Care** Alternatives to Protect your Health

Personal care products can contain potentially harmful chemicals. Learn how to make natural alternatives to protect your health!

#### Lemon Aloe Vera Shampoo:

**Ingredients:** 

 $\cdot \frac{1}{2}$  cup liquid castile soap · 2 tbsp lemon juice • 1 tsp 100% Aloe Vera juice or extract



**Directions:** 1. Mix all ingredients and store in a bottle

2. Wash your hair like normal!

## **Honey Face Mask:**

#### Ingredients: · 3 tbsp natural honey 1 tbsp baking soda

**Directions:** 1. Warm the honey in the microwave for about 5-10 seconds

2. Add the baking soda and stir

3. Apply the mixture to your

## **Honey Lemon Face Wash:**

Ingredients:

- 3 Tbsp honey · 2 Tbsp liquid castile soap 1 Tsp lemon juice  $\cdot \frac{1}{2}$  cup glycerin

#### **Directions:** 1. Mix ingredients together

2. Wash face with mixture. Massage into skin for 30 seconds and rinse well with warm water

face

4. Let it sit for 15-20 minutes

5. Rinse off with warm water and a washcloth

6. Moisturize your skin after!

3. This wash is great for acne prone skin and helps heal and moisturize skin.

## Hand Soap

Ingredients: • <sup>1</sup>/<sub>2</sub> cup liquid castile soap · 1 cup water

#### **Directions:**

1. Mix the castile soap with the water and add to your soap pump

2. You can add 10 drops of essential of your choice for a scent



## Lemon Skin Toner:

Ingredients:
1/2 cup lemon juice
1 cup water
2/3 cup witch hazel

**Directions:** 1. Mix ingredients in a bottle or jar

2. Wash face as normal

3. Using a cotton ball with some toner on it, apply to face and neck, rubbing upwards and outwards

4. This toner reduces blemishes, tightens pores and lightens redness in skin!



## **Coconut Oil Moisturizer:**

Ingredients:
 1⁄4 cup coconut oil

**Directions:** 1. Use coconut oil like you would any other moisturizer

2. After a shower rub it all over your body!

## **Coconut, Eucalyptus and Lavender Deodorant:**

Ingredients: • 1/3 cup baking soda • 1/3 cup corn starch • 3 Tbsp coconut oil • 2 tbsp Vitamin E oil • 10 drops eucalyptus essential oil • 10 drops lavender essential oil

**Directions:** 1. Mix everything until it forms a thick paste



 Let harden for at least 24 hours in a storage container. You could use an old deodorant container if you like.

3. Apply to your underarms

- 4. Eucalyptus and lavender oil will not only provide a nice scent but they are also anti-bacterial essential oils
- 5. Lavender is also: antiviral, antiseptic, natural deodorant, and soother of skin irritation

6.Feel free to substitute any of these scents!

### **Resources:**



To learn more about chemicals/products that impact your health please visit this QR Code or the following link: https://emoryhercules.com/community/communityresources/hercules-research-translations/

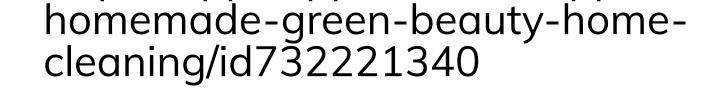
These recipes were adapted from "**Natural Goddess DIY Homemade Green Beauty":** https://apps.apple.com/us/app/natural-goddess-diy-





Learning how environmental exposures affect health and community well-being. https://emoryhercules.com/







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