



Personal 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:

- ½ 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 face
4. Let it sit for 15-20 minutes
5. Rinse off with warm water and a washcloth
6. Moisturize your skin after!



Honey Lemon Face Wash:

Ingredients:

- 3 Tbsp honey
- 2 Tbsp liquid castile soap
- 1 Tsp lemon juice
- ½ cup glycerin

Directions:

1. Mix ingredients together
2. Wash face with mixture. Massage into skin for 30 seconds and rinse well with warm water
3. This wash is great for acne prone skin and helps heal and moisturize skin.



Hand Soap

Ingredients:

- ½ 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:

- ½ 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:

- ¼ 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
2. 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/community-resources/hercules-research-translations/>

These recipes were adapted from "Natural Goddess DIY Homemade Green Beauty":
<https://apps.apple.com/us/app/natural-goddess-diy-homemade-green-beauty-home-cleaning/id732221340>



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