Personal Care Product Alternatives

Commercial personal care products can contain potentially harmful chemicals. Learn how to make natural alternatives!*

*It is important to know what goes into the products you use, but keep in mind that not all natural products are safer than manmade chemicals.

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

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

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

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 Deodorant:

Ingredients:

· 1/3 cup baking soda
· 1/3 cup corn starch
· 3 Tbsp coconut oil
· 2 tbsp Vitamin E 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

NOTE: You may choose to add a few drops of essential oil to any of these recipes, but please keep in mind that many people have sensitivities to fragrance, including essential oils.

Resources:

To learn more about chemicals/products that impact your health, visit this QR Code or link.
https://emoryhercules.com/community-engagement-activities/research-translations/everyday-chemicals-in-your-exposome-toxicants-in-our-homes/

To find similar recipes for personal care products, visit this QR code or link.
https://www.oregonmetro.gov/sites/default/files/2025-11/healthy-personal-care-products-guide.pdf

HERCULES EXPOSOME RESEARCH CENTER

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

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