



# 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 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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