

## Did you know?

Many cosmetic and personal care products contain chemicals hazardous to the environment when used over an extended period of time.

- Personal care products enter waterbodies through the process of washing products down sink, shower, and toilet drains.
- Wastewater treatment facilities were not designed to remove chemicals found in personal care products.
- According to the Environmental Protection Agency, personal care products are increasingly being detected at low levels in surface water. This has led to reproductive effects in aquatic organisms.

Making personal care products with all natural ingredients ensures that waterbodies stay clean and wildlife stays healthy.

## Additional Resources

<https://www.des.nh.gov/organization/commissioner/pip/factsheets/dwgb/documents/dwgb-22-28.pdf>

<https://www.epa.gov/wqc/contaminants-emerging-concern-including-pharmaceuticals-and-personal-care-products>

<https://wellnessmama.com/3701/homemade-de-shampoo/>

<https://www.diynatural.com/homemade-conditioner/>

<https://www.treehugger.com/organic-beauty/8-homemade-salt-and-sugar-body-scrubs.html>

<https://wellnessmama.com/1523/natural-deodorant/>

<http://survivalathome.com/5-homemade-mosquito-repellents/>

For more information about alternative to household hazardous wastes, visit

[www.lakesrpc.org/serviceshhw.asp](http://www.lakesrpc.org/serviceshhw.asp)  
or call the Lakes Region Planning Commission at 603.279.5341.



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# HHW ALTERNATIVES IN PERSONAL CARE PRODUCTS



*A brochure to making non-toxic personal care products*

## Do It Yourself (DIY) Non-Toxic Personal Care Products



See how easy it is to  
make and use non-  
toxic alternatives!



Using minimal ingredients and  
money, there are simple and  
effective recipes that are perfect  
alternatives to your typical  
personal care products.

### Shampoo

¼ Cup Coconut Milk  
¼ Liquid Castile Soap (such as,  
Dr.Bronners)  
½ Tsp. Olive Oil (for dry hair)  
Any Essential Oils

Simply just combine all ingredients and  
keep in a container for up to a month.

<https://wellnessmama.com/3701/homemade-shampoo/>

### Conditioner

1 Tbsp. Apple Cider Vinegar  
1 Cup of Water

Combine ingredients in a squirt bottle.  
Shake before each use, massage into hair,  
and rinse.

<https://www.diynatural.com/homemade-conditioner/>

### Body Scrub

½ Cup Sea Salt  
½ Cup Oil (Almond, Jojoba, Olive, or  
Coconut)  
1 Tsp. Citrus Zest (Lemon, Lime, or  
Orange)

Mix together, rub on skin, and rinse.

<https://www.treehugger.com/organic-beauty/8-homemade-salt-and-sugar-body-scrubs.html>

### Deodorant

3 Tbsp. Coconut Oil  
3 Tbsp. Baking Soda  
2 Tbsp. Shea Butter  
2 Tbsp. Arrowroot or Cornstarch  
Essential Oils (such as lavender, or tea  
tree)

Melt Shea Butter and Coconut Oil, remove  
from heat, add baking soda and arrowroot  
powder/cornstrach, and mix well. Then,  
add any essential oil and let it cool  
completely.

<https://wellnessmama.com/1523/natural-deodorant/>



## Looking for a non-toxic bug repellent?

### Here's How to Make some Mosquito and Tick Repellent!

#### Ingredients:

6 Oz. Witch Hazel

2 Oz. Castor Oil

5 Drops Cinnamon Oil

15 Drops Eucalyptus Oil

15 Drops Citronella Oil

Combine all ingredients in a spray bottle,  
shake before each use.

<http://survivalathome.com/5-homemade-mosquito-repellents/>

There are many options for  
making your own non-toxic bug  
repellent. This is just one recipe  
of many!