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.epa.gov/wqc/contaminants-emerging-concern-including-pharmaceuticals-and-personal-care-products

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

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


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 or call the Lakes Region Planning Commission at 603.279.5341.

Funding provided by the US Department of Agriculture and the Lakes Region Planning Commission.

A brochure to making 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.

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

#### Shampoo
- ¼ Cup Coconut Milk
- ¼ Liquid Castile Soap (such as, Dr. Bronner’s)
- 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/](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/](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.

#### 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/cornstarch, and mix well. Then, add any essential oil and let it cool completely.
[https://wellnessmama.com/1523/natural-deodorant/](https://wellnessmama.com/1523/natural-deodorant/)

Looking for a non-toxic bug repellant?

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.

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