



Homemade Natural Personal Care Products

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HOME MADE NATURAL PERSONAL CARE PRODUCTS

After reading more and more about how many personal care products have ingredients in them that might not be the healthiest, I did some research and found that you can very easily and cheaply make your own products from ingredients you already have in your kitchen.

The basic ingredients in homemade products in the recipes in this article are baking soda, coconut oil and apple cider vinegar, cornstarch, arrowroot flour, tea tree oil and other scented oils. They are readily available at the local grocery store and are cheap.



SHAMPOO

One day after once again noticing that my hair did not feel right after washing it, I decided to do some research and that's when I came across articles that were talking about going commercial shampoo free.

I have been now using my homemade shampoo for almost 3 years and am very pleased with the results.

At the beginning you will be using more baking soda, but after some time you will notice that you do not need that much any longer.

This shampoo that does not suds and at first feels strange, but be assured it works. The baking soda strips the hair and leaves it dry and coarse and then the vinegar makes it soft and silky. If you have dry hair use less baking soda and more vinegar.



HOMEMADE SHAMPOO RECIPE

INGREDIENTS

- 1 cup plastic container
(I use an empty peanut butter jar)
- 1 plastic teaspoon
- baking soda (I store some in a glass jar in the bathroom)
- apple cider vinegar
(I put the bottle where you would put your shampoo bottle)

INSTRUCTIONS

- Put 1-2 tsp baking soda in the empty 1 cup plastic container and leave the spoon in it before you hop into the shower
- Once you are in the shower just hold it under the shower stream and fill the container with warm water and stir. *You will notice that it does not feel nice if the water is not warm enough.*



- Wet your hair and pour half the container over your hair rubbing the whole time while pouring. ***This way of washing your hair does not make any suds which is quite strange at first.***
- Now, massage your scalp and hair and rinse.
- Repeat. *Your hair will feel kind of different, kind of coarse.*
- Rinse out the jar and fill it half full with water. Add 1-2 teaspoons of apple cider vinegar and stir and pour over your hair. Make sure to close your eyes and tilt your head up, vinegar stings and you don't want it in your eyes. *Now I usually soap myself and then rinse the vinegar off.* The hair will now feel nice and soft again.

TOOTHPASTE

On the label of every tube of fluoride toothpaste is a statement which reads

“Drug Facts: Active Ingredient—Sodium Fluoride ... Keep out of reach of children under six years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away.”

The amount recommended for brushing is about the size of a pea. This pea-sized dab contains about the same amount of fluoride as one glass of water in areas that fluoridate the water. Do you drink the recommended eight glasses of water per day? Do you call the Poison Control Center when you do? (excerpt from this article: <http://ht.ly/aCWNp>)

That made me think and got me to experiment with making my own toothpaste. To my surprise it is very easy and simple.

Note:

Make sure the oils are for internal use, I bought mine in the baking section of the Bulk Barn.



TOOTHPASTE RECIPE VERSION 1

INGREDIENTS

- baking soda
- coconut oil (somewhat soft)
- one to a few drops of tea tree oil and/or any other oil you like (spearmint, anise, orange)
- popsicle stick to stir
- small glass container

INSTRUCTIONS

This makes about a 2 weeks supply for one person

- mix equal parts baking soda and coconut oil (3 teaspoons each)
if the oil is hard use less than when it is liquid
- store in small glass container
- Make a personal container for each user
- dip toothbrush in mix and brush your teeth



ALTERNATIVE RECIPE:

- 3 tsp baking soda
- 2 tsp coconut oil
- 1/8-1/4 tsp bentonite clay
- 1/2 tsp hydrogen peroxide
- Flavor oil

TOOTHPASTE RECIPE VERSION 2

INGREDIENTS

- 3 teaspoons baking soda
- ¼ teaspoon salt
- 1-1½ teaspoon glycerin
- ½ teaspoon hydrogen peroxide
- one to a few drops tea tree oil /or any other oil you like (spearmint, anise, orange)
- small glass container if possible
- popsicle stick to stir

INSTRUCTIONS

- Mix baking soda with salt
- add glycerin, start with a teaspoon
- add hydrogen peroxide
- add oil
- stir, if it is too thick add more glycerin
- close container and in a few hours it will have puffed up
- dip toothbrush in mix and brush your teeth



DEODORANT

Depending on who you ask, antiperspirants and deodorants are either toxic or safe. So which is it? According to the government, they are safe.

Antiperspirants work by clogging, closing, or blocking the pores with aluminum salts in order to prevent the re lease of sweat, effectively changing the function of the body. Antiperspirants are considered to be drugs because they affect the physiology of the body. "*Antiperspirant/Deodorant Stick: How Products are Made,*" ENotes.Com, 11 Jan. 2008 www.enotes.com/how-products-encyclopedia/antiperspirant-deodorant-stick

All antiperspirants, whether they are roll-ons, sticks or aerosols, contain aluminum (either aluminum chlorohydrate or aluminum zirconium tetrachlorohydrate). There is a belief that aluminum is a contributing factor connected to Alzheimer's and possibly other diseases.

Deodorants deal with body odor by neutralizing the smell and by killing the bacteria that metabolize the proteins and fatty acids that occur in sweat.

After reading that information I set out to find recipes to make my own deodorant.



DEODORANT RECIPE VERSION 1

INGREDIENTS

- 2 tablespoons baking soda
- 6 tablespoons cornstarch or arrowroot flour
- 10 drops essential oils
- or ground rosemary, thyme or sage

INSTRUCTIONS

- Combine baking soda and cornstarch and mix well. Works best by shaking in a larger closed container
- Now put in a smaller container
- Apply with powder puff. That's where I ran into a snag, where do you get a powder puff? You make one! I crochet one that's washable

Note:

Some recipes call for half baking soda and half cornstarch. I found that the baking soda portion was too strong and left red marks and left me feeling uncomfortable. You can also use 50/50 mix of cornstarch and arrowroot flour instead of just one alone. So try it out and then adjust the blend.



DEODORANT RECIPE VERSION 2

INGREDIENTS

- 3 tablespoons (¼ cup) baking soda
- 3 tablespoons (¼ cup) arrowroot flour or cornstarch
- 5-6 tablespoons coconut oil
- essential oils or tea tree oil (optional)

INSTRUCTIONS

- Make sure coconut oil is warm enough to be somewhat soft
- Mix baking soda and arrowroot flour or a 50/50 mix of arrowroot flour and cornstarch in a small bowl
- Add essential oils if desired to coconut oil
- Start by adding 4 tablespoons of coconut oil blend and mix. Keep on adding more until desired consistency. Use a popsicle stick to mix until very well mixed
- Store in a small glass jar and apply a small amount with finger tips daily
- Depending on the temperature the mixture will be harder or softer.



LINKS TO MORE NATURAL RECIPES

I have not tried any of these recipes

TOOTHPASTE

- **Bentonite Clay toothpaste:**
<http://www.aboutclay.com/info/Uses/toothpaste.htm>
- Videos about the danger of fluoride:
 - **Fluoride Deception:**
<http://video.google.com/videoplay?docid=-2886269353175462948> – interesting video on harm of Fluoride
 - **Cure Tooth Decay:** <http://www.yourreturn.org/Treatments/Teeth/index.htm> – can tooth decay be related to what kind of food you eat?

- **Important to note:**

Glycerin actually prevents the teeth from re-mineralizing & therefore should not be used. Re-mineralization of the teeth is how we are able to heal our own cavities & replenish the enamel. Our saliva naturally contains minerals like calcium (assuming we get enough in our diet) that work to re-mineralize our teeth.

(www.passionatehomemaking.com/2008/08/going-fluoride-free.html)



DEODORANTS

- The best technique for getting rid of underarm odor without using chemical deodorants or antiperspirants is **lemon juice**.
- Fresh lemon juice works best but a product such as Real Lemon from the supermarket will work wonders to.
In some people lemon juice may irritate the skin so you should try it with one arm first to see if it causes you irritation.
- To get the best effect from using lemon juice to get rid of underarm odor follow these simple directions:

Take a good bath washing your armpits carefully. After getting out of the shower dry your underarms thoroughly. Then take your lemon juice and pour on a paper towel and rub your underarm area gently.

- The citric acid in lemon juice kills the bacteria that are fond of your underarms and unlike with antibacterial products bacteria do not seem to develop a resistance to citric acid.
(www.mnn.com/lifestyle/natural-beauty-fashion/photos/5-deodorant-alternatives/lemon-juice)



ABOUT MARLIES COHEN

Marlies was born in Switzerland and currently lives in Dartmouth, Nova Scotia, Canada. She is mother of 3 grown children and has been living with alternative healing modalities for as long as she can remember.

Growing up in Switzerland she took it for granted that you could buy natural health products at the local pharmacy alongside allopathic medicine. She only discovered that that is not the case after she moved to Canada.

As a child her parents' first course of dealing with any childhood illnesses was usually a herbal tea and doctors usually started you off with natural medicines and then only switched pharmaceutical if the natural remedy did not bring the desired result.

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