



# Conquering Cancer™

## Recipe Guide

CLEAN HOMEMADE OR  
ALTERNATIVE PERSONAL CARE  
PRODUCTS





# Homemade Personal Care Recipes

## Skin Care:

### Facial Cleansers

#### Coconut Oil

Use as a moisturizer, makeup remover, deep conditioner for your hair

#### Oatmeal Face Scrub:

Grind 2 tablespoons of oatmeal using a clean coffee grinder or a blender. Mix together the ground oatmeal with 2 teaspoons of brown sugar, 2 tablespoons aloe vera and 1 teaspoon lemon juice. Massage this paste into damp skin and rinse.

#### Exfoliating Face Wash for Oily Skin:

Mix together 1 teaspoon of skim milk, 1 teaspoon honey and a few drops of apple vinegar in a bowl. Apply to skin in a circular motion for a minute or 2 and rinse with a warm cloth and water.

#### Dry Skin Sugar Scrub:

Start with 1 tablespoon of sugar in a small bowl and add a few drops of olive oil at a time until you form a paste. Massage this into your skin and rinse with warm water.

Face Wash for Acne: Mix together 1/4 tablespoon oatmeal, 2 teaspoons baking soda and add water, one teaspoon at a time, until you form a thick paste. Apply this cream to your entire face and leave on for 5-8 minutes once or twice a week. Rinse with warm water.



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## Hair Care:

### **Egg Shampoo:**

Beat two eggs and then massage them into your scalp. Leave on for a couple of minutes and rinse with 1 cup warm water and 3 tablespoons vinegar (for dark hair) or 3 tablespoons lemon juice (for light hair).

### **Castille Soap Shampoo:**

Mix together 1/2 cup of water with 1/2 cup of liquid castille soap. You can experiment with essential oils in this recipe if you'd like as well. Use as shampoo and then rinse with 1 cup water and 3 tablespoons lemon juice or vinegar to get rid of film left by castile soap.

### **For Oily Hair:**

Create a deep conditioner with 1/2 cup of real mayonnaise, 1 teaspoon baby oil, 1 egg yolk and 1 cup of water. Comb these ingredients through your hair and then wrap your head in a towel for 20 minutes. Shampoo and enjoy the results.

## Toothpaste

### **Baking Soda and Hydrogen Peroxide:**

Make this paste with 6 parts baking soda, 1 part vegetable based glycerin, 1 part hydrogen peroxide and some flavoring.

### **Mint Toothpaste:**

Mix together 6 teaspoons baking soda, 1/3 teaspoon salt, 4 teaspoons glycerin and 15 drops of peppermint into a paste consistency. Store in a container.



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### Mouthwash:

#### **Baking Soda Mouthwash:**

Mix together 2 ounces of water, 1/4 teaspoon of baking soda or sea salt, 1 drop of pure peppermint oil and 1 drop of tea tree oil.

#### **Spearmint Mouthwash:**

Boil 6 ounces of water and 2 ounces of vodka. Add in 4 teaspoons of liquid glycerin and 1 teaspoon of aloe vera gel. Remove from the heat and let cool to room temperature. Add 10 to 15 drops of spearmint essential oil, shake well, and pour into bottle. Seal and enjoy!

### Deodourant:

#### **Natural Deodorant**

Combine 1/4 cup baking soda and 1/4 cup arrowroot powder or cornstarch. Slowly add 5-6 tablespoons of coconut oil to mixture and work it all together with a spoon. Scoop this mixture into a small container with a lid and apply with fingers when you'd like to use it. The recipe should last for 3 months of regular use.

Don't forget to check your personal care products using [www.ewg.org/skindeep](http://www.ewg.org/skindeep) OR download the Healthy Living App.

There are similar apps available outside of North America.