

A close-up photograph of a young woman with dark hair pulled back, smiling warmly. She is applying a white cream to her right cheek with her index finger. She is wearing a light-colored tank top. The background is softly blurred, showing what appears to be a window with blinds. The overall mood is bright and positive.

Healthy personal care products

A guide to safe products you can make at home.
Inside: find recipes, tips and resources.



Metro



Safe personal care product recipes for healthy living

We all use products daily to help keep ourselves clean, attractive and smelling pleasant. On average, people use 12 different personal care products a day. Some of these products include unhealthy ingredients. Many products come in packaging that ends up in the garbage.

There are many healthy products available to purchase, but you can save money and reduce waste by making your own at home.

These natural personal care product recipes are safe and easy to make. All you need to start are some basic ingredients like baking soda and sugar. So, roll up your sleeves and try out these recipes.



The ingredients are safe

Carrier oils dilute essential oils so that they can be applied to the skin without causing irritation. Common carrier oils include coconut oil, olive oil, grapeseed oil, jojoba oil and sweet almond oil.

Baking soda absorbs and removes odors and is a natural exfoliant for the skin.

Liquid vegetable-based soap, such as castile soap, helps to clean and moisturize, while also killing harmful bacteria.

Granular sugar helps exfoliate skin. The coarse grains of sugar remove dead skin and clean out your skin pores.

Bees wax moisturizes and hydrates the skin. It is used in lip balms and other cosmetics to seal in moisture.

Essential oils can be diluted and used to add scent to your care product recipes. A carrier oil is needed to dilute essential oils, so that they can be safely applied to the skin.



Sugar body scrub

- ¼ cup sugar or brown sugar
- ⅛ cup carrier oil
(coconut oil, olive oil, grapeseed oil, etc.)
- 4 drops essential oil (optional)

Mix well and store in a lidded container. When properly stored, the sugar body scrub will last for months. Granular sugar exfoliates the skin and removes dead skin cells.



Cream deodorant

- 1/3 cup baking soda
- 2-4 tbsp carrier oil (preferably coconut oil)
- 9 drops essential oil
- 2-4 drops vanilla extract

Add baking soda to a 4-ounce jar or an empty deodorant container. Stir in carrier oil a tsp at a time until the baking soda is no longer a powder, but not oily. Add essential oils, stirring between each one, then add vanilla. If you have a sensitivity to baking soda, substitute arrowroot powder instead.



Body wash

- ½ cup liquid castile soap
- 2 tbsp carrier oil
(coconut oil, olive oil, grapeseed oil, etc.)
- 12 drops essential oil

Pour castile soap into a dark bottle. Add essential oils, secure the cap on the bottle and shake. Uncap, add carrier oil, cap the bottle and shake again to mix. Shake well before each use.



Gentle shampoo

- 6 tbsp liquid castile soap
- 6 tbsp canned coconut milk
- 1 tbsp carrier oil
(coconut oil, olive oil, grapeseed oil, etc.)
- ¼ tsp vitamin E oil
- 10 drops essential oil

Add each ingredient to a dark bottle. Secure the cap on the bottle and shake between each addition. Shake well before each use.



Solid perfume

- 2 tbsp beeswax
- 2 tbsp carrier oil
(coconut oil, olive oil, grapeseed oil, etc.)
- 8 drops essential oil

Gently heat beeswax and carrier oil in a double boiler until melted. Remove from heat and let cool slightly before stirring in essential oils. Store in a small jar for up to 9 months. Allow it to sit for about 8 hours or overnight. To use, rub on wrists or neck.



Blemish cream

- 1 tsp baking soda
- 1 tsp water or olive oil

Mix water or olive oil with baking soda until it is a paste. Gently apply the paste on the affected area and leave for 5-10 minutes. Slowly scrub the paste off and rinse with clean water.

More tips for saving money and reducing waste.

- Choose products with less or no packaging.
- Purchase only what you need instead of stockpiling since many personal care products have expiration dates.
- Look for versatile cosmetics that fulfil more than one function, like multi-stick makeup, to reduce the number of products that you are using daily.
- Use refillable containers and purchase refills when needed.

Buying safer products

Purchasing tips

- Use apps like *Healthy Living*, *Yuka* and *Think Dirty* to check the health score for products you use and to find healthier alternatives.
- Choose unscented products whenever possible.
- Pick products that say paraben-free and phthalate-free on the label.
- Look for mineral-based sunscreens with titanium or zinc oxide as the main ingredient.

Avoid when possible

- Aerosol products like spray on deodorants, sunscreens, hair sprays and dry shampoos that contain toxic ingredients.
- Heavily fragranced products that contain unhealthy ingredients.

For more tips on creating a
healthy home visit
oregonmetro.gov/healthyhome
or call 503-234-3000.

