



THE
**AZULITA
PROJECT**
DEFENDING COMMUNITIES
FROM PLASTIC POLLUTION



The Azulita Project is a Flagstaff-based 501(c)3 nonprofit that addresses waste plastic pollution in inland and coastal communities through direct action, including education and advocacy, single-use plastic reduction, and supporting plastic recapture and recycling efforts.

The Azulita Project's Personal Care Recipes

Ways to Reduce YOUR Plastic Use

When shopping for ingredients, remember to bring reusable shopping bags, reusable produce bags, and refillable containers to reduce your plastic use. **All ingredients listed in this recipe guide are available in glass, metal, cardboard, paper or recyclable plastic packaging.** Check out bulk bin sections and unpackaged produce sections to avoid new packaging completely.

Natural Deodorant¹

Ingredients:

- 1/3 cup coconut oil
- 3 tablespoons beeswax (grated or pellets)
- 2 tablespoons of shea, cocoa, or mango butter
- 1/3 cup cornstarch or arrowroot powder (available in bulk bins)
- 1 tablespoon baking soda
- Optional: preferred essential oil
- 1-2 deodorant sticks or a jar to store the deodorant

Directions: 1. Melt coconut oil, beeswax, and shea butter in small saucepan over low heat, stir continuously until melted 2. Once completely melted, remove from heat and whisk in cornstarch and baking soda. Add essential oils if preferred. Mix thoroughly and quickly, as mixture will begin to harden. 3. Pour into used, clean deodorants tubes and leave to harden completely. It should take about 2 hours to harden 4. Put the lid on to store. Use as you would use any other stick deodorant. If using a jar to store your deodorant, you can use a popsicle stick to apply it.



Toothpaste

Ingredients:

- 8 tablespoons baking soda
- 6 tablespoons glycerin
- 2 packets of Stevia or other natural sweetener to taste (available in bulk bins)
- (optional) 10-15 drops peppermint oil or cinnamon oil to replicate your favorite store brand

Directions: 1. Mix together ingredients and store in a jar. The baking soda acts as the main cleaning agent for your teeth and the glycerin helps make the paste that people are familiar with. Baking soda has a very “chalky” taste, so adding stevia, xylitol, peppermint or cinnamon oil help to reduce the chalky taste. Simply add more of your own chosen natural sweetener or oil to make the mixture pleasant for your brushing routine.



Mouthwash

Ingredients

- 4 tablespoons of mint or peppermint (dried or fresh)
- 1/2 teaspoon of baking soda
- 1/2 cup of water

Directions: 1. Boil 1/2 cup of water in a tea kettle or saucepan. Let cool for a minute or two after boiling. 2. Measure 4 Tablespoons of mint or peppermint in a small mason jar. 3. Add hot water to the mason jar. Let mint and water steep for at least 4 hours. Overnight is fine as well. 4. Strain mint from the infused mint water. 5. Add half a teaspoon of baking soda to the infused mint water and mix together well. Your DIY Mouthwash is ready to use. This recipe has

a shelf life of about two weeks and is best kept in the refrigerator and made in small batches.



Coconut Milk Shampoo Bars²

Ingredients:

- 1/2 cup coconut milk
- 1/4 cup liquid castile soap (see Azulita Project recipe)

Directions: 1. Mix together coconut milk and liquid castile soap. 2. Pour into ice cube trays halfway for each ice cube slot. 3. Freeze the mixture to solidify and store in the refrigerator. 4. To use, rub the bar in between your palms and massage into hair. Rinse off with water and condition if needed.

Baking Soda Shampoo

Ingredients:

- 1 tablespoon baking soda
- 2 cups filtered water or rain water if available

Directions: 1. Pour 2 cups of water into a clean reused bottle. 2. Add 1 tablespoon baking soda to the bottle. 3. Shake the bottle to mix ingredients together. 4. When ready to use, pour a handful of this mixture into your

palm and massage into the scalp, work through to the ends of hair. It will not lather like commercial shampoos.

*Tip: Baking soda is too harsh on hair for daily use. Use this shampoo once a week to remove any buildup.

*Tip: If you have hard water in your area, use rainwater instead. Collected rainwater does not have the mineral deposits of water that comes out of the tap. Using rainwater in this homemade recipe for a non-potable use can help keep your hair shiny and healthy-looking!

Hair Rinse Conditioner

Ingredients:

- 1 tablespoon Apple Cider Vinegar, white vinegar, or red vinegar
- 2 cups of filtered water or rain water if available

Directions: 1. Add vinegar and water into a bottle, shake well to combine mixture 2. Apply to hair after shampooing by working it from the roots to the ends of your hair. The odor will disappear when hair dries. Vinegar will help restore your hair to its natural pH level by balancing out oils. This rinse will make it easier to comb out hair while leaving it shiny and healthy. This can be used as a substitute for conditioner.

Deep Hair Conditioner/Hand Moisturizer

Ingredients:

- 1 overripe banana or avocado
- 2 tablespoons yogurt (see Azulita Project recipe)

Equipment:

- Food processor or blender
- Hair cap and/or old pair of gloves

Directions: 1. Wet hair 2. Blend 2 tablespoons of yogurt and avocado or banana in a food processor or blender 3. Thoroughly coat hair with the mixture and cover with a hair cap. 4. If you have leftover mixture, also apply to hands and wear an old pair of gloves 5. Leave the mixture on for an hour. 6. Rinse hair and hands. Use a small amount of shampoo to remove excess oil from hair. This recipe will leave your hair soft, shiny, and healthy-looking the next day. It will also give your hands a moisture boost. Be sure to freeze any leftover mixture so that you can save it for the next time you want deep conditioning for your hair or hands!

Sugar Scrub

Ingredients:

- 1 cup sugar
- ½ cup sunflower oil or olive oil
- 15-20 drops essential oils (optional)
- vanilla extract or almond extract (optional)

Directions: 1. Mix together in a container with lid 2. Apply to the body to exfoliate 3. Wash off with warm water



Sources

1. Whole Foods workshop handout
2. Little DIY. <http://littlediy.com/diy-coconut-milk-shampoo-bars/>