

## Grandma's Cupboard:

**The "Beauty" of MCS**

Are you  
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what to use  
in place of  
your  
traditional  
cosmetics?

Are you new to MCS? Are you wondering what to use in place of your traditional cosmetics? There are lots of great alternatives! Try some of these:

**Mouth Wash****Peroxide**

- Rinse mouth as usual. Do not swallow.

**Chlorophyll**

- Chew tablet to freshen breath.

**Tooth Paste****Baking Soda**

- Apply to toothbrush and brush as usual.

**Peroxide**

- Apply to toothbrush and brush as usual.
- Toothbrushes may also be left to soak in peroxide to clean them and kill germs.

**Baking Soda & Salt**

- Mix 3 parts baking soda and 1 part salt.
- Apply to toothbrush and brush as usual.

**Shampoo****Liquid Borax**

- Add 1/4 cup of borax per pint of water.
- Shake well and allow to settle.
- Pour the water into a pump bottle leaving the borax powder residue behind.
- Wash hair as usual. Will not lather.

**Castile Soap or Clearly Natural Glycerin Soap**

- Use as regular liquid or bar soap.

**Baking Soda**

- Rub in as a paste and rinse.
- Note: Does not lather

**Conditioner****Citric Acid Powder**

- Mix 1/4 to 1/2 tsp. per pint of water.
- Pour the rinse over your hair

**Apple Cider Vinegar or Lemon Juice**

- Mix 1/4 to 1/2 tsp. per pint of water.
- Pour the rinse over your hair

**Homemade Conditioner**

- Mash a ripe banana and avocado.
- Strain through cheesecloth.
- Apply as usual.

**Coconut Oil**

- Rub into hair and leave overnight.
- Wash out in the morning.

**Egg Yolk or Mayonnaise**

- Rub into hair.
- Rinse out well.

**Olive or Jojoba Oil**

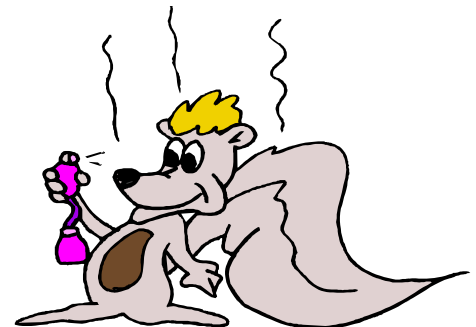
- Mix a tiny drop in a cup of water.
- Rub in and rinse out well.

**Astringents, Toner, & After Shave****Witch Hazel**

- Splash on as usual

**Hydrogen Peroxide**

- Splash on as usual – may lighten skin.



**There  
Are  
lots of  
great  
natural  
alternatives  
to everyday  
personal  
care  
products!**



### Shaving Cream

**Castile Soap - Unscented**

- Use as regular liquid soap.
- Lather and shave.

**Homemade Liquid Castile Soap**

- Boil 3 cups of water.
- Add shavings of one bar of unscented castile soap.
- Cool and fill pump bottle.
- Lather and Shave

### Hair Bleach

**Peroxide**

- Apply peroxide to dry hair.
- Let sit 15 minutes and then rinse out.

### Deodorant

**Baking Soda or Corn Starch**

- Dust body and/or underarms.

**White Clay**

- Rub in as a paste and rinse.

**Deodorant Crystal**

- Wet and rub under arm.

**Water**

- Wash underarms several times a day with plain water to remove bacteria and control odor.

### Soap

**Castile Soap - Unscented**

- Use as regular liquid soap.

**Homemade Liquid Castile Soap**

- Boil 3 cups of water.
- Add shavings of one bar of unscented castile soap.
- Cool and fill pump bottle.

**Liquid Borax**

- Add ¼ cup of borax per pint of water.
- Shake well and allow to settle.
- Pour the water into a pump bottle leaving the borax powder residue behind.

**Baking Soda**

- Rub on as a paste and rinse.
- Note: Does not lather

### Lotion

**Olive Oil, Sesame Oil, Sweet Almond Oil, or Grapeseed Oil**

- Rub a small drop on skin.

**Coconut Oil**

- Rub a small drop on skin.

### Hair Gel & Hair Spray

**Aloe Vera Gel - Unscented**

- Rub into hair and style as usual.

**Fresh Lemon Juice**

- Squeeze juice of a lemon into spray bottle.
- Apply as usual and keep refrigerated.

### Disclaimer

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