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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**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 ¼ to ½ tsp. per pint of water.
  - Pour the rinse over your hair

- **Apple Cider Vinegar or Lemon Juice**
  - Mix ¼ to ½ 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.

**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.