

WHAT YOU CAN DO

DIY Inspirations

Start Your Palm Oil Free & Zero Waste Journey

Make Your Own *Palm Oil Free* Toothpaste!



1/2 Cup
Coconut Oil



2 Tablespoons
Baking Soda



10-20 Drops
Peppermint or
Cinnamon Essential Oil

Instructions

1. Heat the coconut oil until it becomes soft or liquid.
2. Stir in the baking soda and mix until it forms a paste-like consistency.
3. Add the essential oil.
4. Store toothpaste in a sealed container.
5. To use, scoop it with a small utensil or toothbrush. Brush for 2 minutes, then rinse.

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Make Your Own *Palm Oil Free* Shampoo!



1/4 cup liquid
Castile Soap

+



1/4 Cup
Distilled Water

+



1/2 Teaspoon Jojoba,
Grapeseed, or other
light vegetable oil

Instructions:

Mix together all the ingredients and store in a bottle.
Shake before use.

This mixture is not as thick as commercial shampoos -
you will need to tilt the bottle over your head to get it out!



Make Your Own Palm Oil Free Hair Conditioner!



2 Tablespoon
Apple Cider Vinegar



2 Cups
Water



1 Tablespoon
Honey

Mix all the ingredients well. Once you have shampooed your
hair, pour this solution on your hair tips; avoid exposing it to
the scalp. Do not rinse it any further.

Adding water is an essential step in order to dilute the vinegar.
The acetic acid in ACV helps smoothen your hair!

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Make Your Own Palm Oil Free Laundry Detergent



One part of
Borax

+



One part of
Washing Soda

+



Palm Oil Free
Soap Bar (grated)

Instructions

Laundry Detergent

1. Grate the bar soap or mix in food processor until finely ground.
2. In a large bowl, mix 1 part washing soda, 1 part Borax and 1 palm oil free grated soap.
3. Use 2 tablespoons to 1/4 cup per load of laundry. Store in closed container

WHAT YOU CAN DO

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Make Your Own *Palm Oil Free* Dishwashing Liquid!



2/3 Cup
Sal Suds

+



1 + 1/3 Cup
Distilled Water

+



40 Drops
Essential Oil



1 TBSP
Washing Soda

+



1 TBSP Salt
& 3 TBSP hot water



+



Large Pot



Instructions

1. In a pot, heat the 3 TBSP water and salt, stirring frequently until everything is completely dissolved. Remove the pot from the heat and pour the contents into a small bowl. Set the salt mixture aside.
2. Add the washing soda and 1 and 1/3 distilled water to the pot and heat just until dissolved.
3. Add the Sal Suds, washing soda and distilled water mixture, and essential oils to a dish soap dispenser. If your container has a small opening, then it works best to mix this in a glass mason jar.
4. Add 1 tablespoons of the salt water to the soap and stir. It will turn cloudy and thicken. Add another tablespoon of salt water mixture if you want it thicker. Keep in mind that it may thicken more over time.
5. Pour the mixture into a soap dispenser.

Note: Over time this liquid dish soap may thicken a little too much. If this happens, add a little more water until it is the desired consistency again.

WHAT YOU CAN DO

DIY Inspirations

Start Your Palm Oil Free & Zero Waste Journey

Make Your Own Palm Oil Free Kitchen Degreaser!



One Cup
Distilled White Vinegar

+



One Tablespoon
Baking Soda

+



Optional:
Essential Oil

Instructions:

1. Mix 1 cup of distilled white vinegar, 1 tablespoon baking soda and essential oil of your choice (optional)!
2. Put the mixture into a recycled spray bottle!

