

Sustainability Week 2021: Sustainable DIY's

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Information

Many products found at conventional grocery, beauty, and drug stores contain synthetic chemicals that are toxic to humans, pets, and the environment. For example, parabens, synthetic colors, fragrance, triclosan, sodium lauryl/laureth sulfate, and formaldehyde not only are hard to pronounce but can be in a variety of products found around the home.

- Parabens are a family of preservatives that contain estrogen-mimicking components and are associated with an increased risk of breast cancer.
- Fragrances can contain a multitude of different chemicals that have been associated with allergies, dermatitis, respiratory distress, and reproductive system effects.
- Sodium lauryl/laureth sulfate are skin, lung, and eye irritants that can combine with other chemicals to form nitrosamines, which are carcinogenic. Nitrosamines can lead to kidney and respiratory damage.

Products labeled as “green” or “all-natural” may not be free of toxic chemicals because these phrases are unregulated marketing terms used as a greenwashing technique. Below are five DIY recipes for common household and beauty products using safe ingredients.

DIY's

Air Freshener

Ingredients:

- 4 oz spray bottle
- 6 tbsp distilled water
- 2 tbsp witch hazel, rubbing alcohol, or vodka
- 20 drops choice essential oil (eucalyptus, tea tree, or lavender suggested)

Instructions:

- Mix all ingredients together in bottle, shake, and use!

All-Purpose Cleaner

Ingredients:

- 24 oz spray bottle
- 16 oz measuring cup
- ½ cup white vinegar
- 1 ½ tbsp liquid castile soap
- ½ tbsp baking soda

Instructions:

- In measuring cup, add baking soda, castile soap, and vinegar, in that order

- Allow vinegar to stop foaming and pour mixture into spray bottle
- Fill bottle rest of way with water
- Shake and use!

Disinfectant Spray

Ingredients:

- 16 oz spray bottle
- ½ cup distilled water
- 1 ½ cups 95% rubbing alcohol or everclear
- ½ tsp hydrogen peroxide
- 30-45 drops choice essential oil

Instructions:

- Pour water and peroxide in spray bottle
- Add essential oils and rubbing alcohol
- Shake and use!

Foaming Face Wash

Ingredients:

- 4 oz foaming dispenser
- ¼ cup distilled water
- 2 tbsp liquid castile soap
- 1 tsp jojoba or argan oil
- 10 drops choice essential oil
 - Tea tree for oily, acne-prone skin
 - Lavender for irritated skin or for all skin types
 - Roman chamomile for sensitive skin
 - Frankincense for aging skin
 - Rosemary for skin conditions
 - Peppermint for invigorating and freshening skin

Instructions:

- Mix all ingredients together in bottle, shake, and use!

Foaming Hand Soap

Ingredients:

- 12 oz foaming dispenser
- 2 tbsp liquid castile soap
- ½ tsp coconut, almond, olive, or avocado oil
- 5-10 drops choice essential oil (eucalyptus, lavender, or peppermint suggested)

Instructions:

- Mix all ingredients together in bottle, shake, and use!