

## **Common Toiletry Substitutes:**

I love to find new uses for everyday items we have around the house- especially if he helps me find a natural remedy or treatment, in place of a product filled with chemicals. Here are some great tips from RealAge, that'll send you to the kitchen cabinet- not the drug store- next time you need anything from make-up remover to conditioner!

### **Moisturizer**

Apply olive oil liberally over parched skin (it mimics the oil that our skin naturally produces).

### **Toner**

Rub half a lemon over skin to refresh and tone skin. Tomatoes work, too.

### **Exfoliator**

Combine 1 part sugar to 4 parts body lotion (canola oil works too); apply to dry patches and rub.

### **Makeup remover**

Olive oil (again!). Leaves skin clean and hydrated.

### **Zit cream**

Chop up a banana peel and blend with milk. Apply paste to the infected area.

### **Shampoo**

Sprinkle baking soda on your hairbrush, and comb through to absorb excess oil.

### **Conditioner**

Take 1 or 2 egg yolks and apply directly to hair. Leave for 20 minutes, and then shampoo thoroughly. For extra shine, mix with 2 tablespoons of olive oil or honey.