

SHAMPOO

Shampoos contain a number of harsh chemicals that can be absorbed through the skin, and inhaled as scent when you use them. Instead opt for products that are made with more natural ingredients - making sure you read labels and buy from brands you trust.

BETTER:

- [Aubrey Organics](#)
- [Bumble and Bumble Straight Shampoo](#) (not the others in the line)
- [Beauty Without Cruelty](#)

BEST:

- [John Masters Organics](#)
- [Hugo Naturals](#)
- [California Baby](#)

BODY LOTIONS

Like shampoos, body lotions contain chemicals that can penetrate your skin and enter your blood stream. Most body lotions have these toxic chemical ingredients, so opt for trusted brands that don't use these synthetic chemicals.

GOOD:

- [Cetaphil Fragrance Free Moisturizer](#)
- [Yes To Carrots](#) (lotion only)

BETTER:

- [Hugo Naturals](#)
- [Dr Bronners Body Lotions](#)
- [Acure Organics](#)

BEST:

- Coconut oil
- Jojoba oil

MAKE UP

Make up - something that we use to feel beautiful, is actually quite ugly! It's loaded with chemical ingredients that are dangerous, and like shampoos and lotions, can penetrate the skin. Try to transition to using more natural make up. Seek these out at health foods stores and always check your brands against the SkinDeep Costmetic Safety Database

GOOD:

- Mineral Fusion
- Physician's Formula Organic Wear line (check Skin Deep)

BEST FOUNDATION:

- No make-up at all! You're beautiful, you don't need it!
- [Coastal Classic Creations](#)
- [Juice Beauty](#)
- [Faerie Organics](#)
- [100% Pure](#)

BEST MASCARA:

- [Honeybee Gardens Organic](#)
- [100% Pure](#)
- [Faerie Organic Bambi Eyes](#)

* most recommended items link to Amazon.com

** Avoid containers that make "antibacterial" claims - like the Kinetic Go Green Nano Silver line (also sold on Amazon) These products can have questionable ingredients impregnated into the plastics, and you often have no way of know what those ingredients are.