

Safer Bath & Beauty Products

IMPORTANT WEBSITES

- www.cosmeticdatabase.com
- www.healthychild.org
- www.healthytoys.org
- www.preventcancer.com
- www.dermstore.com
- www.thethirddaymarket.com

GOOD ALL NATURAL BRANDS*

1. Burt's Bees
2. Desert Essence
3. Alba Deodorant
4. Giovanni Hair Care
5. Badger Sunscreen
6. Jane Iredale Cosmetics

* Buy online at Amazon or Dermstore.

BOOKS TO READ

- Healthy Child Healthy World: Creating a Cleaner, Greener, Safer Home by Christopher Gavigan
- Better Basics for the Home by Annie Berthold-Bond
- To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food by Cindy Burke
- The Safe Shopper's Bible: A Consumer's Guide to Nontoxic Household Products, Cosmetics, and Food by David Steinman
- The Truth About Beauty by Kat James

INGREDIENTS TO AVOID

Alkylphenol Ethoxylates
Benzophenone-3 (Bp-3)
Blue #1
Bronopol
Butyl Benzyl Phthalate
Butylated Hydroxyanisole (BHA)
Butyl-methoxydibenzoylmethane (B-MDM)
Coal Tar Dyes
Crystalline Silica
DEA (Diethanolamine)
Diazolidinyl Urea
Dibutyl Phthalate
Diethyl Phthalate
DMDM Hydantoin
Fluoride
Green #3
Homosalate (HMS)
Imidazolidinyl Urea
Methyl-benzylidene Camphor (4-MBC)
Nitro Musks
Octyl-dimethyl-PABA (OD-PABA)
Octyl-methoxycinnamate (OMC)
Padimate O
Parabens
Para-Phenylenediamine
Polycyclic Musks
Quaternium 15
Resorcinol
Saccharin
Talc
TEA (Triethanolamine)

**Sheila
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HAR Client
Experience Rating
5.00/5.0 ★★★★★

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customer service."



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My Favorite Non-Toxic Products

By Sheila Cox

Original Blog Post on January 21st, 2010

People are always asking me about my favorite NON-TOXIC bath and beauty products. Basically I use Burt's Bees anything (shampoo, conditioner, moisturizers, orange face wash, deep pore scrub) and so does my husband. For deodorant I have tried several and prefer Alba's. For my toothpaste I use Desert Essence but my daughter uses Tom's of Maine Silly Strawberry. For hairspray: Giovanni. For sunscreens: Desert Essence for my face (every day, under makeup) and Badger for the body.

My favorite makeup is Jane Iredale's: it is fabulous! It's the only makeup I've found that minimizes the look of pores. You can find this makeup in some high-end spas and at dermatologists offices. I buy mine at www.DermStore.com or on Ebay (at a discount).

You can buy most of these products at the HEB on I59 at 99/Grand Pkwy, back in the left corner with all the other organic/natural products. You can also buy them online at Amazon.com.

Have questions?

Give me a call: 832-622-1233



Sheila Cox

HAR Client Experience Rating
5.00/5.0 ★★★★★

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