

Recommended Products

Developed by David Getoff, CCN, CTN, FAAIM & Joann Berger, CCN

Air fresheners

Air Therapy
Vermont Therapy
Fresh Wave

Trader Joes
Online
Container Store, Online

Deodorants

Herbal Magic Roll-on by Home Health
Terra Naturals Stick
Herbalix Sticks (various)

Whole Foods, Online
Online
Online

Fragrances

Aftelier fragrances
(or any essential oils)

www.aftelier.com

General Skin Tools

Clarisonic Face & Body Cleaner
Dry Brushing

Online, QVC, local salons
www.eulersholistics.com

Lotions & Oils

Alaffia lotions
Carina Organic -Skin Cream Plus (My Favorite)
Hemp seed & Emu oil lotion
Holistic Enterprises MSM Lotion
Keeki Lotions
Shea Terra Organics

Wholefoods, Online
Online <https://www.carinaorganics.com>
Ancient Wonders (619) 449-9328
www.msmsupplements.com
www.keekipureandsimple.com
<http://www.sheaterraorganics.com>

Coconut oil, Emu oil, or Shea Butter
Argan oil products

From various companies
www.NaturelledArgan.us & Shea Terra

Lip Balms

Episilk Lip Balm by Hyalogic
Lip Balm with Emu Oil
Shea Terra Organics Lip butter
Organic Vanilla Lip Balm

Online
Ancient Wonders (619) 449-9328
Online
Singing Dog Vanilla .com (also great vanilla)

Insect Repellant

All Terrain Herbal Armor Insect Repellant
Druide Insect Repellant Milk

Whole Foods, Online
Online

Insect Killers

Lice Shampoo (non-toxic)

Tweetmint (see liquid soaps) see their website
For dilution rates for killing insects
Lice-R Gone also from the Tweetmint company

Shampoos & Conditioners

Alaffia Coffee & Shea
Carina Organics (**the one's I use, my favorite**)
Sun Food Shampoo (made from soap nuts)

Online (no wheat or soy)
Online (no wheat or soy)
Online (no wheat or soy) www.Sunfood.com

Facials

Blossom Organic Skin Care

(619) 517-0654; www.blossomorganicskin.com

Nail Polish

Keeki

www.keekipureandsimple.com

Honeybee Gardens

www.honeybeegardens.com

Suncoat

www.suncoatproducts.com

Skin Care & Makeup

You always need to check ingredients on individual products for skincare and makeup items including the recommendations below, since companies often change their formulations.

Alkaitis Holistic Organic Skin Food

Blossom Organic, Online

Benedetta skin care

Blossom Organic, Online

Dr. Ron's Ultra Pure Body Care

www.drRons.com; 877-472-8701

Dr. Hauschka skin Care & makeup

Jimbo's, Wholefoods, Henry's

Devita Antioxidant skin care

www.devita.net, Wholefoods

Josie Maran's Argan oil

Online, Sephora

Lily Organics skin care

www.lilyorganics.com

MyChelle skin care & makeup

www.mychelleusa.com

R.D. Alchemy skin care

www.rdalchemy.com; 619 825-6078

Sanre Organic Skin Food

www.sanreorganic.com

Sanitas Antioxidant skin care

Online

Sophyto skin care

Pharmacia; 7650 Girard Ave, La Jolla

Suki skin care

www.sophyto.com

Shea Terra Organics

www.sukipure.com

Zmei skin care

<http://www.sheaterraorganics.com>

www.zmei.com,

Benecos makeup

Online

Lavera makeup

Online

Mineral Fusion makeup

www.mineralfusion.com; Wholefood

ZuZu makeup

Pharmacia, La Jolla

Soaps

Dr. Bronner's Liquid & Bar Soaps

Trader Joes, Wholefoods, & Amazon

Omega Nutrition Face & Body Liquid Soap

www.omeganutrition.com

Zeetoon Olive Oil Bar Soap

www.zeetoon.com

Griffin Remedy Natural Foaming Soap

Peoples, www.griffinremedy.com

Ancient Olive bar and liquid soaps

www.wunderley.com

Sunscreens

Eco

<http://ecologicalskin.com>

UV Natural

Wholefoods, Online

Grahams SunClear SPF 30+

Online

Lavera SPF 15 or 30

www.lavera.usa.com

Laundry Detergent

Organic Laundry Detergent (made from Soap Nuts)

<http://www.naturolis.com>

Liquid Soaps and Cleansers

Tweetmint liquid soap degreaser and insect spray!!

Ultra Safe Solution Liquid soaps and concentrates

www.SafeSolutionsinc.com

www.Solutions-4-you.com

Research Resources

www.safecosmetics.org

www.ewg.org

www.cosmeticdatabase.com

www.natural-skincare-authority.com

Safe Shopping Bible by Steinman and Epstein

Return to Beautiful skin by Myr Michelle Eby

Natural Organic Hair and Skin Care by Aubrey Hampton

Toxic Beauty by Samuel Epstein MD

Our Toxic World – A Wake up Call by Doris Rapp, MD

IMPORTANT NOTE

Someone recently made me aware of Pure Haven Essentials Non-Toxic cosmetic products at

www.PureHavenEssentials.com

This appears to be one more a company making good quality products without the bad ingredients, so I have taken a closer look and I like what I see

I hope this list will help you turn your home and you body into less toxic places to live

Best wishes for a long healthy life

David Getoff, CCN, FAAIM

www.Naturopath4you.com

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