**Recommended Products**

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

**Air fresheners**
- Citrus Magic
- Air Therapy
- Vermont Therapy
- Fresh Wave
  - Online Orange & lavender
  - Trader Joes
  - Online
  - Container Store, Online

**Deodorants**
- Herbal Magic Roll-on by Home Health
- Smarty Pits
- Primal Pit Paste (jar or stick)
- Piperwai paste
- Terra Naturals Stick
- Herbalix Sticks (various)
  - Whole Foods, Online
  - [Www.Smartypits.com](http://Www.Smartypits.com) online
  - Online
  - Online [www.Piperwai.com](http://www.Piperwai.com)

**Fragrances**
- Aftelier fragrances
- (or any essential oils)
  - [www.aftelier.com](http://www.aftelier.com)

**General Skin Tools**
- Clarisonic Face & Body Cleaner
- Dry Brushing
  - Online, QVC, local salons
  - [www.eulersholistics.com](http://www.eulersholistics.com)

**Lotions & Oils**
- Alaffia lotions
- Carina Organic -Skin Cream Plus (My Favorite)
- Hemp seed & Emu oil lotion
- Holistic Enterprises MSM Lotion
- Gardeners Dream Cream a thick exceptional cream
- Keeki Lotions
- Shea Terra Organics
  - Health food stores and Online
  - Online [https://www.carinaorganics.com](https://www.carinaorganics.com)
  - Ancient Wonders (619) 449-9328
  - [www.msmsupplements.com](http://www.msmsupplements.com)
  - On the web and some health food stores
  - [www.keekipureandsimple.com](http://www.keekipureandsimple.com)
  - [http://www.sheaterraorganics.com](http://www.sheaterraorganics.com)

**Coconut oil, Emu oil, or Shea Butter**

**Argan oil products**

**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

Tweetmint (see liquid soaps) see their website
For dilution rates for killing insects
Eco Raider insect or bed bug killer products

Lice Shampoo (non-toxic)

Shampoos & Conditioners

Carina Organics (the one I use, my favorite)
Sun Food Shampoo (made from soap nuts)

Lice-R Gone also from the Tweetmint company

Facials

Blossom Organic Skin Care

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

Nail Polish

Keeki
Honeybee Gardens
Suncoat

www.keekipureandsimple.com
www.honeybeegardens.com
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.

Triple Advantage (face cream) a favorite of my patients

Carina Organics Skin cream plus
Alkaitis Holistic Organic Skin Food
Benedetta skin care
Dr. Ron’s Ultra Pure Body Care
Dr. Hauschka skin Care & makeup

AllVia products search online
CarinaOrganics online
Blossom Organic, Online
Blossom Organic, Online

www.drRons.com; 877-472-8701
Jimbos, Wholefoods, Henrys

Devita Antioxidant skin care
Josie Maran’s Argan oil
Lily Organics skin care
MyChelle skin care & makeup
R.D. Alchemy skin care

www.devita.net, Wholefoods
Online, Sephora
www.lilyorganics.com
www.mychelleusa.com
www.rdalchemy.com; 619 825-6078

Sanre Organic Skin Food
Sanitas Antioxidant skin care

www.sanreorganic.com
Online
Pharmaca; 7650 Girard Ave, La Jolla

Sophyto skin care
Suki skin care
Shea Terra Organics
Zmei skin care

www.sophyto.com
www.sukipure.com
http://www.sheaterraorganics.com
www.zmei.com,

Benecos makeup
Lavera makeup
Mineral Fusion makeup
ZuZu makeup

Online
Online
www.mineralfusion.com; Wholefood
Pharmaca, La Jolla
**Soaps**
Dr. Bronner’s Liquid & Bar Soaps  
Omega Nutrition Face & Body Liquid Soap  
Zeetoon Olive Oil Bar Soap  
Griffin Remedy Natural Foaming Soap  
Ancient Olive bar and liquid soaps  
Trader Joes, Wholefoods, & Amazon  
[www.omeganutrition.com](http://www.omeganutrition.com)  
[www.zeeotonin.com](http://www.zeeotonin.com)  
Peoples, [www.griffinremedy.com](http://www.griffinremedy.com)  
[www.wunderley.com](http://www.wunderley.com)

**Sunscreen**
*Aqua or Terra Sport*
Eco  
UV Natural  
Grahams SunClear SPF 30+  
Lavera SPF 15 or 30  
Badger  
*All Terrain Products online*
[http://ecologicalskin.com](http://ecologicalskin.com)  
Wholefoods, Online  
[www.lavera.usa.com](http://www.lavera.usa.com)  
On line and your health food store

**Laundry Detergent**
Organic Laundry Detergent (made from Soap Nuts)  
[http://www.naturol.com](http://www.naturol.com)

**Liquid Soaps and Cleansers**
Tweetmint liquid soap degreaser and insect spray!!  
Ultra Safe Solution Liquid soaps and concentrates  
Dr Bronners  
[www.SafeSolutionsInc.com](http://www.SafeSolutionsInc.com)  
[www.Solutions-4-you.com](http://www.Solutions-4-you.com)  
Online and health food stores

**Research Resources**
[www.safecosmetics.org](http://www.safecosmetics.org)  
[www.ewg.org](http://www.ewg.org)  
[www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)  
[www.natural-skincare-authority.com](http://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  

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  
Companies go in and out of business and products come on and off the market so I apologize if any I have listed are no longer available
Best wishes for a long healthy life

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619-441-8700

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