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

**Air fresheners**
- Air Therapy
- Vermont Therapy
- Fresh Wave

**Deodorants**
- Herbal Magic Roll-on by Home Health
- Primal Pit Paste (jar or stick)
- Piperwai paste
- Terra Naturals Stick
- Herbalix Sticks (various)

**Fragrances**
- Aftelier fragrances
- (or any essential oils)

**General Skin Tools**
- Clarisonic Face & Body Cleaner
- Dry Brushing

**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

**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

**Insect Repellant**
- All Terrain Herbal Armor Insect Repellant
- Druide Insect Repellant Milk

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

**Lice Shampoo (non-toxic)**

**Shampoos & Conditioners**
- Alaffia Coffee & Shea

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Trader Joes
- Online
- Container Store, Online

Whole Foods, Online
- Online
- Online www.PrimalPitPaste.com
- Online www.Piperwai.com
- Online

www.aftelier.com

Online, QVC, local salons

Health food stores and Online
- Online https://www.carinaorganics.com
- Ancient Wonders (619) 449-9328
- www.msmsupplements.com
- www.keekipureandsimple.com
- http://www.sheaterraorganics.com

From various companies
- Shea Terra and Shea Radiance Online

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

Whole Foods, Online

Online

Online (no wheat or soy)
Carina Organics (the one I use, my favorite)  
Sun Food Shampoo (made from soap nuts)  
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  
Jimbos, Wholefoods, Henrys

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  
www.sophyto.com
Suki skin care  
www.sukipure.com
Shea Terra Organics  
http://www.sheaterraorganics.com
Zmei skin care  
www.zmei.com,

Benecos makeup  
Online
Lavera makeup  
Online
Mineral Fusion makeup  
www.mineralfusion.com; Wholefood
ZuZu makeup  
Pharmaca, 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.natuoli.com

**Liquid Soaps and Cleansers**
Tweetmint liquid soap degreaser and insect spray!! www.SafeSolutionsinc.com
Ultra Safe Solution Liquid soaps and concentrates 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

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