

Recommended Makeup and Skin Care Products

This list was created by Joann Berger, CCN, close friend and colleague of David Getoff

Air fresheners

Air Therapy
Vermont Therapy
Fresh Wave

Trader Joes
Online
Container Store, Online

Deodorants

Herbal Magic Roll-on
Terra Naturals Stick

Wholefoods, Jimbos, Online
Online

General Skin Tools

Clarisonic Face & Body Cleaner
Dry Brushing

Online, QVC, local salons
www.eulersholistics.com

Lotions & Oils

Holistic Enterprises MSM Lotion
Alaffia lotions
Hemp seed & Emu oil lotion

Coconut oil, Imu oil, or Shea Butter

www.msmsupplements.com
Wholefoods, Online
Ancient Wonders (619) 449-9328
Sometimes at Hillcrest Farmers Mkt

Lip Balms

Episilk Lip Balm by Hyalagic
Lip Balm with Emu Oil

Online
Ancient Wonders (619) 449-9328
Sometimes at Hillcrest Farmers Mkt

Insect Repellant

All Terrain Herbal Armor Insect Repellant

Jimbos, Wholefoods, Online

Shampoo/Conditioner

Soignee Shampoo & Conditioner

Online

Facials

Blossom Organic Skin Care

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

Skin Care & Makeup

Always need to check ingredients on individual products for skincare and makeup items including the recommendations below.

Alkaitis Holistic Organic Skin Food
Benedetta Skin Care
Dr. Ron's Ultra Pure Body Care
Dr. Hauschka Skin Care & makeup

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

Devita Antioxidant Skin care
Sanitas Antioxidant Skincare

www.devita.net
Online

MyChelle skin care & makeup
Jane Iredale Makeup

www.mychelleusa.com
www.jadebeauty.com
Pharmaca, La Jolla
Online
Online, Sephora
www.zmei.com,
Pharmaca, La Jolla

Lavera Makeup
Josie Maran Argan oil
Zmei skincare
ZuZu Makeup

Soaps

Dr. Bronner's Liquid & Bar Soaps

Trader Joes, Wholefoods, Jimbos
www.amazon.com
www.omeganutrition.com
www.zeetoon.com
Peoples, www.griffinremedy.com

Omega Nutrition Face & Body Liquid Soap
Zeetoon Olive Oil Bar Soap (Expensive but nice)
Griffin Remedy Natural Foaming Soap

Sunscreens

UV Natural
Grahams SunClear SPF 30+
Lavera SPF 15 or 30

Wholefoods, Online
Online
www.lavera.usa.com

Resources

www.safecosmetics.org

www.ewg.org

www.cosmeticdatabase.com

www.natural-skincare-authority.com

Safe Shopping Bible book by Steinman and Epstein

Return to Beautiful skin book by Myr Michelle Eby

Natural Organic Hair and Skin Care by Aubrey Hampton

This list was created in 2009.