

Hair Product Swap Guide

Many popular hair styling products contain *Parabens* and *Phthalates*.
Read the ingredients labels for safer low-chemical alternatives.

1



Shampoo and Conditioner like Burt's Bees, and Alba Botanica do not contain Parabens or Phthalates.

2



Hair gels like Aubrey Organics and Giovanni do not contain Parabens or Phthalates.

3



Hairspray like Andalous and Giovanni do not contain Parabens or Phthalates.

4



Hair mousse like Kiss My Face and Sheamoisture do not contain Parabens or Phthalates.

5



Hair pomades and oils like Weleda and Coconut Oil do not contain Parabens or Phthalates.

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Personal Care Product Swap Guide

Many popular personal care products contain *Oxybenzone*, *Triclosan*, *Parabens* and *Phthalates*. Read the ingredients labels for safer low-chemical alternatives.

1



Toothpaste like Tom's of Maine does not contain Triclosan

2



Sunscreen like Neutrogena Baby and Alba Botanica do not contain Oxybenzone.

3



Acne spot treatments like Alba Acnedote Gel and Aloe Vera do not contain Parabens or Phthalates.

4



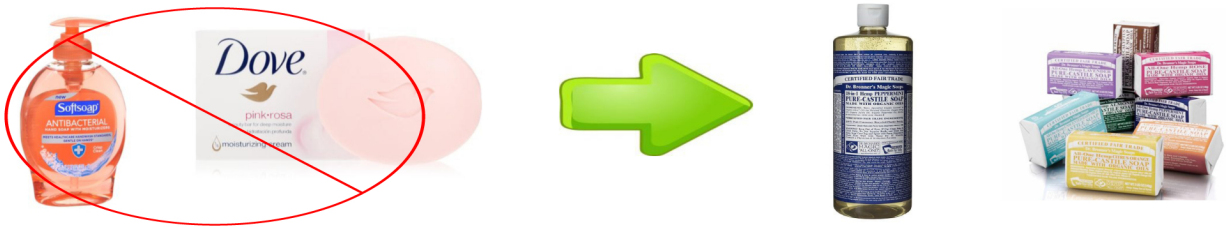
Toner/Astringent like Apple Cider Vinegar do not contain Parabens or Phthalates.

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Body Product Swap Guide

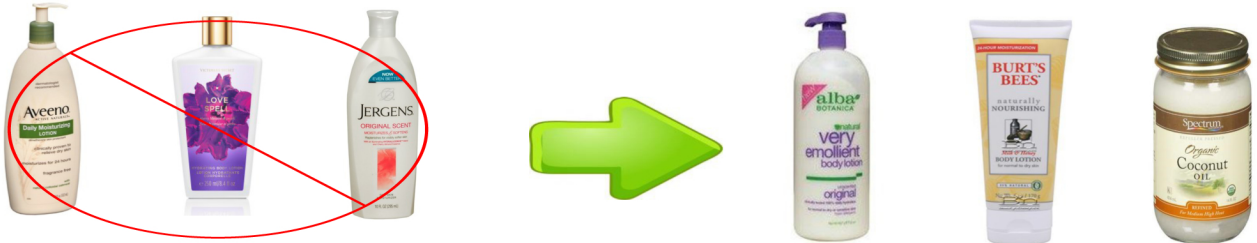
Many products used for the body contain *Triclosan*, *Parabens* and *Phthalates*.
Read the ingredients labels for safer low-chemical alternatives.

1



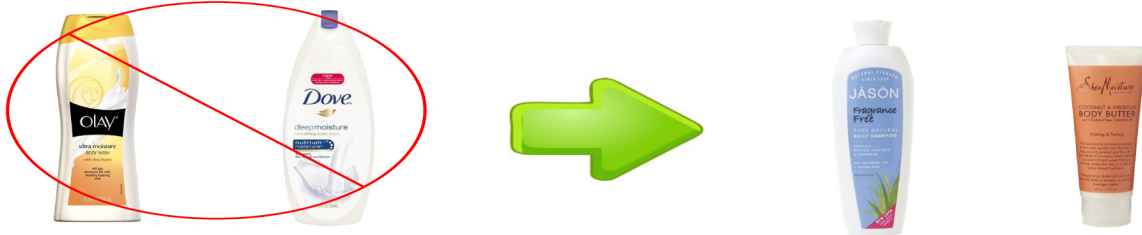
Liquid and bar soap like Dr. Bronner's do not contain Triclosan, Parabens or Phthalates.

2



Skin lotion like Alba Botanica, Burt's Bees, and Coconut Oil do not contain Parabens or Phthalates.

3



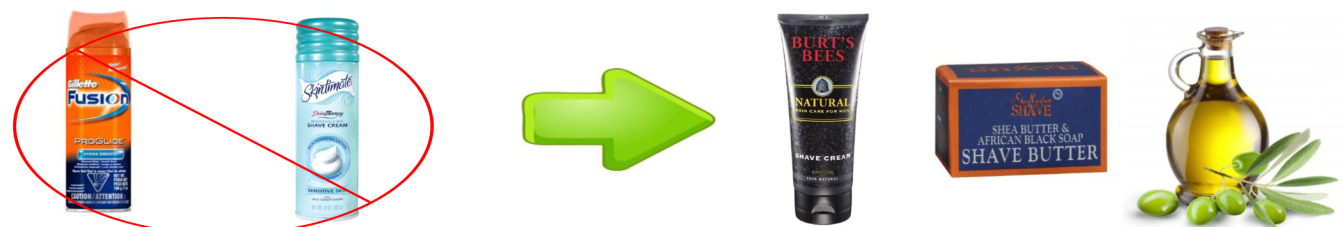
Body wash like Jason and Sheamoisture do not contain Parabens or Phthalates.

4



Deodorants like Avon on Duty Unscented, Tom's. and Speed Stick Unscented do not contain Phthalates.

5



Shaving Cream and gels like Burt's Bees, Sheamoisture and Olive Oil do not contain Phthalates.

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Makeup Swap Guide

Many beauty products contain *Parabens* and *Phthalates*.
Read the ingredients labels for safer low-chemical alternatives.

1



L'Oréal Mineral True Match Naturale and 100% Pure Foundation do not contain Parabens & Phthalates.

2



Lip balm like EOS and Burt's Bees do not contain Parabens or Phthalates.

3



Lipstick/lipgloss like 100% Pure, Burt's Bees and Honeybee Gardens do not contain Parabens and Phthalates.

4



Mascara like Physician's Formula Organic Wear and Pacifica Mascara do not contain Parabens.

5



Eyeliner like Honeybee Gardens Joba Colors and Physician's Formula Shimmer Strips do not contain Parabens.

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