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 Andalou 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.
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.
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'Oreal 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.


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

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