

ITEM	GOOD TO GO!	SUGGESTED SUBSTITUTION(S)
<b>PERSONAL CARE</b>		
<b>COSMETICS</b>		Juice Beauty (My FAVORITE!), Mineral Fusion, W3LL People, EcoBella. Real Purity, Physician's Formula (some products)
Foundation		
Blush		
Concealer		
Powder		
Mascara		
Eyeliner		
Eye Shadow		
Eyebrow Pencil		
Lip Liner		
Lipstick		
Lipgloss or Chapstick		
Other:_____		
Other:_____		
Other:_____		
<b>FACE CARE</b>		Juice Beauty
Moisturizer		
Night cream		
Sunscreen		
Toner		
Scrub		
Peels		
Eye cream		
Wash		
Other: _____		
Other: _____		
Other: _____		
<b>LOTION/MOISTURIZER</b>		
Body lotion		
Hand cream/lotion		
<b>SHOWER/BATH</b>		Jason, Acure Organics
Shampoo		
Conditioner		
Bar Soap		
Liquid soap/Shower Gel		
Shaving Cream/Gel		
<b>DEODERANT</b>		Primal Pit Paste (some people are sensitive to this, may take 1-2 weeks to adjust)

<b>TOOTHPASTE</b> (Absolutely look for flouride-free options)		- Dr. Bronner's Toothpaste (Cinnamon, Anise or Peppermint) - Weleda Calendula Toothpaste - Desert Essence Neem and Tea Tree Oil - Toms' of Maine Flouride Free (Tom's does have carrageenan) - Dr. Brite Whitening Mineral Toothpaste
<b>SUNSCREEN</b>		Blue Lizard, KissMyFace
<b>LIQUID HAND SOAP</b>		- Alaffia -
<b>BAR SOAP</b>		- Dr. Bronner's Castille Soap
<b>COTTON BALLS</b>		Organic, chlorine-free: Organyc, Maxim Hygiene
<b>TAMPONS</b>		Organic, chlorine-free: Natracare Organic Tampons, Organyc Tampons, Seventh Generation Organic Tampons
<b>PADS/SANITARY NAPKINS</b>		Organyc, Natracare, Natratouch
<b>LAUNDRY</b>		
Detergent/Soap		Biokleen Laundry Liquid Citrus Essence, Molly Suds Laundry Powder, Dr. Bronner's Liquid Castille Soap
Brightener		Arm and Hammer Super Washing Soda, Earth Friendly Products OXO Brite Non-Chlorine Bleach
Fabric Softener		White or Apple Cider Vinegar (1/2 cup) in a Downy Ball, Attitude Fabric Softener
Dryer Sheets (Just ditch these!)		I prefer Organic Wool Dryer Balls
<b>CLEANING PRODUCTS</b>		
All-Purpose		I like mixing vinegar and distilled water in a spray bottle (avoid on granite), for granite you can mix soap such as Dr. Bronner's and water in a spray bottle, Attitude All Purpose Cleaner, Bon Ami Powder Cleanser, Seventh Generation Multisurface Cleaner
Window		Vinegar and water in a spray bottle, BioKleen Glass Cleaner, Attitude Window and Mirror
Floors		Vinegar and water and mop, Aussan Natural Floor Cleaner, Simple Green Naturals Floor Care
Bathroom		Attitude bathroom Mold and Mildew Cleaner, Bon Ami Powdered Cleanser, Seventh Generation Tub and Tile, Aspen Clean Bathroom Cleaner
<b>KITCHEN</b>		
Liquid Dish Soap		BioKleen Natural Dish Liquid (Citrus Essence)
Dishwasher Detergent		BioKleen Dish Powder, Seventh Generation Dishwasher Powder, Ecover Zero
Rinse Aid		Ecover Rinse Aid, Seventh Generation Free and Clear Rinse Aid