

# Best Baby Soap & Baby Wash Cheat Sheet



A Hello Charlie Cheat Sheet

HELLO CHARLIE  
all your eco family needs

# TABLE OF CONTENTS

<b>Introduction</b>	<b>5</b>
<b>Ingredients</b>	<b>6</b>
<b>Top Five</b>	<b>10</b>
<b>Recommended</b>	<b>11</b>
<b>123 Nourish Me Sleepy Head Bath Wash</b>	<b>12</b>
<b>Aromababy Baby Bath Gel</b>	<b>13</b>
<b>Aromababy Pure Baby Wash for Newborns</b>	<b>14</b>
<b>Aveeno Baby Soothing Relief Creamy Wash</b>	<b>15</b>
<b>Baby Organics Baby Bath Wash</b>	<b>16</b>
<b>Baby U Goat Milk Body Wash</b>	<b>17</b>
<b>Billie Goat Baby Body Wash</b>	<b>18</b>
<b>Billie Goat Vitamin E Bars</b>	<b>19</b>
<b>Bottomsup Natural Organic Baby Body Wash</b>	<b>20</b>
<b>Brauer Natural Baby Bath &amp; Body Wash</b>	<b>21</b>
<b>Bubbas Organics Goats Milk Baby Hair &amp; Bath Wash</b>	<b>22</b>
<b>Buds Cherished Organics Happy Baby Head to Toe Cleanser</b>	<b>23</b>
<b>Buds Cherished Organics Precious Newborn Head to Toe Cleanser</b>	<b>24</b>
<b>Burt's Bees Baby Shampoo &amp; Body Wash</b>	<b>25</b>
<b>Cetaphil Baby Moisturising Bath &amp; Wash</b>	<b>26</b>
<b>Cherub Rubs Baby Safe Hair &amp; Body Wash</b>	<b>27</b>
<b>Curash Baby Bath Wash</b>	<b>28</b>
<b>Dr. Bronner's 4 in 1 Sugar Baby Unscented Organic Sugar Soap</b>	<b>29</b>
<b>Dr. Bronner's Castile Bar Soap - Baby Unscented</b>	<b>30</b>
<b>Dr. Bronner's Pure Castile Liquid Soap - Baby Unscented</b>	<b>31</b>
<b>Earth Mumma Organics Bubba Hair &amp; Body Wash</b>	<b>32</b>

# TABLE OF CONTENTS

<b>Earthwise Baby Body Wash Goats Milk</b>	<b>33</b>
<b>Ecostore Baby Body Wash</b>	<b>34</b>
<b>Ecostore Baby Soap</b>	<b>35</b>
<b>Four Cow Farm Natural Baby Wash</b>	<b>36</b>
<b>Gaia Skin Naturals Bath &amp; Body Wash</b>	<b>37</b>
<b>Gaia Skin Naturals Sleptime Bath Wash</b>	<b>38</b>
<b>Grahams Naturals Baby Hair &amp; Body Wash</b>	<b>39</b>
<b>Herbon Baby Soap</b>	<b>40</b>
<b>Jack 'n Jill Baby Shampoo &amp; Body Wash - Serenity</b>	<b>41</b>
<b>Jackson Reece Baby Body Wash</b>	<b>42</b>
<b>Johnson Baby Top To Toe Bath</b>	<b>43</b>
<b>Johnson Pure Baby Soap</b>	<b>44</b>
<b>La Clinica Organic for Baby Soap Free Wash Gel</b>	<b>45</b>
<b>Little Innoscents Hair &amp; Body Wash</b>	<b>46</b>
<b>Little Innoscents Organic Goats Milk Soap Bar</b>	<b>47</b>
<b>Lovekins Baby Hair &amp; Body Wash</b>	<b>48</b>
<b>Lovekins Camel Milk Baby Soap</b>	<b>49</b>
<b>Mater Baby Wash</b>	<b>50</b>
<b>Milk &amp; Co Bath Time Wash</b>	<b>51</b>
<b>Moo Goo Natural Mini Moo Bubbly Wash</b>	<b>52</b>
<b>Mustela Gentle Soap with Cold Cream</b>	<b>53</b>
<b>Nature's Child Organic Baby Soap &amp; Baby Wash</b>	<b>54</b>
<b>Only Papaya Baby Bath Time</b>	<b>55</b>
<b>Organic Babies Lavender Baby Wash &amp; Shampoo</b>	<b>56</b>
<b>Organik Babe Hair &amp; Body Wash</b>	<b>57</b>

# TABLE OF CONTENTS

<b>Petite Planet Baby Wash &amp; Shampoo</b>	<b>58</b>
<b>Pineapple Heads Bodywash</b>	<b>59</b>
<b>QV Baby Gentle Wash</b>	<b>60</b>
<b>Resparkle Natural Baby Hair &amp; Body Wash</b>	<b>61</b>
<b>Sanctum Baby Shampoo &amp; Wash</b>	<b>62</b>
<b>Sebamed Baby Cleansing Bar</b>	<b>63</b>
<b>Sukin Baby Gentle Body Wash Fragrance Free</b>	<b>64</b>
<b>Thank You - Baby Bath Wash</b>	<b>65</b>
<b>The Base Collective Little Hair &amp; Body Wash</b>	<b>66</b>
<b>Weleda Calendula Baby Soap</b>	<b>67</b>
<b>Weleda Calendula Cream Bath</b>	<b>68</b>
<b>Wild Organic Baby Milky Bath</b>	<b>69</b>
<b>Wotnot Baby Wash</b>	<b>70</b>
<b>Disclaimer</b>	<b>71</b>
<b>Further Reading</b>	<b>72</b>

# INTRODUCTION

Every day, our children are exposed to at least 27 different chemicals through personal care products. And most of these chemicals have not been tested for safety on children.

Think about when you wash your baby.

You put him in the tub and add some baby wash. For a start, baby skin is up to 30% thinner than adults' skin. The water is warm, which opens up the pores of his already very thin skin. The heat also vaporises some of the chemicals, and your baby breathes them in. Your baby accidentally swallows some of the water, and you splash some in his eyes.

Baby wash might be a 'rinse off' product, but there are lots of opportunities for those chemicals to get into your baby's delicate and developing body.

So **what exactly are the ingredients** in your baby's bath products? Are they safe? How can you tell?

Ingredients in baby soap have been linked to endocrine disruption; skin allergies; and even heightened risks of cancer. And although some of the big guys have cleaned up their acts over the last few years, there are still plenty of irritating and even toxic ingredients in some brands of baby wash.

Many of these big companies still don't list the ingredients on their websites. If you shop online, you can't tell what's in the packs. You physically have to go to supermarket, and stand there in the aisle searching up ingredients on your phone. Take your baby shopping with you while checking on ingredients? Good luck with that!

It's easy to understand why so many of us just grab a pretty looking pack, only to get it home and find that not all the ingredients are great.

So that's where Hello Charlie comes in. I've been to the supermarket, taken photos of all the products, then brought them home and looked up all the ingredients for you. Read on and find out which baby soaps and washes get the Hello Charlie recommendation, and which ones you (and your baby!) should avoid.

If you're interested in finding out more, there's suggestions for further reading towards the end. So what are you waiting for? Read on!



# INGREDIENTS

Have you ever wondered what's actually in baby soaps and washes? I have! And I've done lots of reading and research so that I can share with you exactly what's good and what's not.

Liquid baby soaps and washes are usually made up of these parts:

- Most baby wash and liquid baby soaps have **water** acting as the solvent for the other ingredients.
- There are **emulsifiers** that increase the product's foaming action, make it thicker, and help the oils and water mix properly.
- You'll also find **detergents**, which do the actual cleaning, and surfactants, which make bubbles.
- When the main ingredient is water, it's a perfect breeding ground for mould and harmful bacteria. **Preservatives** protect the product and stop it going off.
- Finally, there are often **fragrances** that help the product smell nice (and hide smells from some of the other ingredients). Sometimes there are colours to make it look pretty, too.

As with any skincare product, the key is to keep it simple. You want as few ingredients as possible, and you want those to be as good as they possibly can be.

Generally, there are less issues with bar soaps. They don't need preservatives, and if you can find a good natural bar soap, there shouldn't be any dodgy ingredients. But as always, read the label!

Over the page, you'll find a quick list of ingredients to look out for in baby wipes. If you see any of these on the back of the pack, put the pack down and go choose another!

You'll find more information in this article - [Toxic Living: Baby Soaps & Body Washes](#).



# INGREDIENTS

Here's a list of ingredients to watch out for in baby soaps and body washes. Are you thinking that it's unusual to find these ingredients in baby products? Well, let me tell you that I collated this list from the products that I researched for this cheat sheet!

## Here's what you should avoid:

### **Benzalkonium chloride (BAK)**

Preservative

Problem: Skin, eye and respiratory irritant and allergen

### **Benzyl alcohol**

Fragrance ingredient

Problem: irritant (for products around the lips); allergen; possible organ system toxicity

### **Ceteareth-12/Ceteareth-20**

Surfactants

Problem: penetration enhancer; contamination concerns (ethylene oxide and 1,4 dioxane).

### **Cocamide DEA**

Surfactant (cleansing agent) and emulsifier.

Problem: skin toxicant and allergen; linked to organ toxicity; possible carcinogen; contamination concerns (nitrosamines).

### **Cocamidopropyl Betaine**

Surfactant (cleansing agent).

Problem: irritant; contamination concerns (nitrosamines); penetration enhancer.

### **Diazolidinyl urea**

Preservative.

Problem: cause of contact dermatitis (allergic reactions); can be an irritant; contamination concerns (formaldehyde).



# INGREDIENTS

... Continued

## **Formaldehyde & formaldehyde releasing chemicals**

Preservatives

Problem: endocrine (hormone) disrupter

## **Fragrance or perfume**

Problem: unknown ingredients. May contain phthalates.

## **Laureth-4**

Surfactant

Problem: skin and eye irritant; contamination concerns (ethylene oxide and 1,4 dioxane)

## **Methylisothiazolinone (MIT) and Methylchlorisothiazolinone (MCI)**

Preservatives.

Problem: irritant and allergen; possible neurotoxin (MIT).

## **Parabens**

Preservatives.

Problem: endocrine (hormone) disrupter.

## **PEG's (polyethylene glycols)**

Humectant (keeps things moist).

Problem: penetration enhancer; contamination concerns (ethylene oxide and 1,4 dioxane)

## **Petrochemicals**

Problem: environmental issues; may be contaminated with 1,4 dioxane (probable carcinogen)

## **Phthalates**

Plasticizers, softeners.

Problem: endocrine (hormone) disrupter.





# INGREDIENTS

... Continued

## **Polysorbate 20, 60 and 80**

Surfactant (cleansing agent) and emulsifier.

Problem: contamination concerns (ethylene oxide and 1,4 dioxane).

## **Propylene Glycol**

Humectant (keeps things moist).

Problem: skin irritant; penetration enhancer.

## **Sodium Hydroxymethylglycinate**

Preservative.

Problem: formaldehyde releaser.

## **Sodium Lauryl/Laureth Sulfate (SLS)**

Surfactant (cleansing agent).

Problem: irritant; organ toxicity; contamination concerns (ethylene oxide, 1,4 dioxane)

## **Synthetic Colours (FD&C and D&C)**

Problem: coal tar derivatives with contamination concerns.

## **Talc**

Anti-caking; bulking agent

Problem: contamination concerns (asbestos)



# TOP FIVE

I get questions all the time about which products I actually use and love.

So I'm sharing my top all time favourites with you here. These are products I've used, and continue to use both for myself and my family.

I know it says Top Five, but I just couldn't keep it to Five!



## Here's what I love:

**Dr Bronner:** You knew Dr Bronner was going to make into my list of loves, didn't you? I'm never without this at home - liquid or bar soaps!

**Nature's Child:** Gorgeous product from a gorgeous organic Australian brand.

**Wotnot:** Another beautiful Australian organic brand, whose products I just love!

**Weleda:** It's not a favourites list for me unless Weleda is on it. Amazing brand, fantastic products.

**Little Innoscents:** Did I mention great Australian organic brands? You can't go past Little Innoscents for trustworthy products.

And here's a couple you may not have heard of:

**The Base Collective:** I'm in love with this range. The scent, the ingredients, and the added bonus of magnesium. Plus, this is so gentle on your skin (it's actually in my shower at the moment!)

**123 Nourish Me:** a newcomer, but this is also in my shower cuddled up to The Base Collective right now. Lovely scent and great ingredients from a lovely new Australian brand.



# RECOMMENDED

Out of the 59 baby soaps & washes that I've reviewed, here's the ones that I actually recommend. I've listed them in alphabetical order for you:

- 123 Nourish Me Sleepy Head Bath Wash
- Baby Organics Baby Bath Wash
- Billie Goat Vitamin E Bars
- Bubbas Organics Australian Goats Milk Baby Hair & Baby Wash
- Buds Cherished Organics Happy Baby Head to Toe Cleanser
- Buds Cherished Organics Precious Newborn Head to Toe Cleanser
- Dr. Bronner's 4 in 1 Sugar Baby Unscented Organic Sugar Soap
- Dr. Bronner's Castile Bar Soap - Baby Unscented
- Dr. Bronner's Pure Castile Liquid Soap – Baby Unscented
- Earth Mumma Organics Bubba Hair & Body Wash
- Ecostore Baby Body Wash
- Ecostore Baby Soap
- Four Cow Farm Natural Baby Wash
- Herbon Baby Soap
- Jack n Jill Baby Shampoo & Body Wash - Serenity
- Jackson Reece Baby Body Wash
- Little Innoscents Hair & Body Wash
- Little Innoscents Organic Goats Milk Soap Bar
- Lovekins Camel Milk Baby Soap
- Nature's Child Organic Baby Soap & Body Wash
- Organik Babe Hair & Body Wash
- Pineapple Heads Bodywash
- Resparkle Natural Baby Hair & Body Wash
- Sanctum Baby Shampoo & Wash
- The Base Collective Little Hair & Body Wash
- Weleda Calendula Baby Soap
- Weleda Calendula Cream Bath
- Wild Organic Baby Hair & Body Wash
- Wotnot Baby Wash





## 123 Nourish Me Sleepy Head Bath Wash



**Ingredients:** Aloe barbadensis Juice, Aqua, Coco glucoside, Organic Cyamopsis Tetragonoloba, Citric Acid, Organic Lavender (*Lavandula angustifolia*) Essential Oil, Potassium Sorbate, Parfum (Vegetable based natural preservative), Organic Glycerin, Organic Lemon Myrtle (*Backhousia citriodora*) Essential Oil, Organic Lavender (*Lavandula angustifolia*) Extract, Organic Avocado (*Pesca gratissima*) Oil, Organic Evening Primrose (*Oenothera biennis*) Oil, Organic Olive Leaf (*Olea europaea*) Extract, Organic Calendula (*Calendula officinalis*) Extract, Organic Chamomile (*Chamomilla recutita*) Extract, Rosehip (*Rosa canina*) Extract.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$14.95

[Shop Now](#)

**Comments:** Lovely, lovely, lovely! Great list of ingredients. I've been trying this at home and it's gorgeous.



## Aromababy Baby Bath Gel



**Ingredients:** Purified Water, Cocoamidopropyl Betaine, Sodium Lauroyl Sarcosinate, Decyl Glucoside, Polysorbate (Natural Dispersant), Xanthan Gum (Vegetable Gum), Lavender Essential Oil\* (Lavendula Angusti Folia), German Chamomile Essential Oil\* (Matricaria Recutita), D-Alpha Tocopherol (Gmo Free Natural Vitamin E), Grapefruit Seed Extract (Citrus Paradisi Extract), Hydroxymethylglycinate. (Protein Derived Preservative). \*Certified Organic By ACO and/Or Soil Association.

**EWG Skin Deep Rating:** not listed

**Cost:** 125ml for \$12.95

**Comments:** This is a company that is touting themselves as 'all natural' and yet the second ingredient on the list is not natural. Cocoamidopropyl Betaine may be derived from coconuts, but it's so heavily processed that it's no longer natural. Sodium Hydroxymethylglycinate isn't natural. Aromababy claims that their products are 'rich in certified organic, natural oils' and yet the only organic ingredients in this are lavender and chamomile oils. Not exactly rich. It's not a terrible product, but the company's claims aren't exactly correct.



## Aromababy Pure Baby Wash for Newborns



**Ingredients:** Purified Water, Cocamidopropyl Betaine, Polysorbate 20 (Dispersant), Rosehip Oil\*, D-Alpha Tocopherol (Gmo Free Natural Vitamin E), Xanthan Gum (Vegetable Gum), Hydroxymethylglycinate (Protein Derived Preservative), Citric Acid. \*Certified Organic.

**EWG Skin Deep Rating:** not listed

**Cost:** 150ml for \$15.95

**Comments:** This doesn't rate too high on the toxicity score, but again, it doesn't quite match up to what Aromababy is saying about themselves. See my comments about the previous product.





## Aveeno Baby Soothing Relief Creamy Wash



**Ingredients:** Active Ingredient: Colloidal Oatmeal 1% (Skin Protectant). Inactive Ingredients: Water, Glycerin, Panthenol, Distearyltrimonium Chloride, Petrolatum, Isopropyl Palmitate, Cetyl Alcohol, Dimethicone, Avena Sativa (Oat) Kernel Oil, Steareth-20, Benzalkonium Chloride, Ceramide Np, Sodium Chloride, Avena Sativa (Oat) Kernel Extract.

**EWG Skin Deep Rating:** [3](#) Moderate Hazard

**Cost:** 236ml for \$8.99

**Comments:** There's petrochemicals, silicones, steareth-20 and benzalkonium chloride. If you just put oats in the bath, they'd be better than this.



## Baby Organics Baby Bath Wash



**Ingredients:** Organic Aloe Vera Juice, Purified Water, Coco Glucoside, Organic Lavender Floral Water, Organic Guar Gum, Potassium Sorbate, Organic Lavender Essential Oil, Organic Lemon Myrtle Essential Oil, Organic Glycerine, Biodynamic Avocado Oil, Organic Evening Primrose Oil, Organic Olive Leaf Extract, Organic Calendula Extract, Organic Chamomile Extract, Rosehip Extract.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$12.50

[Shop Now](#)

**Comments:** No nasties in this. Good price, and good stuff in it - what's not to like?





## Baby U Goat Milk Body Wash



**Ingredients:** Aqua (Purified Water), Ammonium Lauryl Sulfate, Cocamidopropyl Betaine, Sodium Cocoamphoacetate, Pure Goatsmilk Powder, Avena Sativa Meal (Oat) Extract, Glycerin, Glycol Stearate, Sodium PCA, Parfum (Fragrance), Lactic Acid, Benzyl Alcohol, Potassium Sorbate.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$7.95

**Comments:** I don't like the fragrance, obviously, and the benzyl alcohol is suspected to be an allergen. And although the cocamidopropyl betaine doesn't score too high in EWG (a 4), it's not natural and it can be contaminated with nitrosamines.



## Billie Goat Baby Body Wash



**Ingredients:** Aqua, Goat's Milk, Aloe barbadensis Leaf Juice\*, Coco-betaine (vegetable derived), Decyl Glucoside (plant derived), Glycerin\*, Sodium Hydroxymethylglycinate, Xanthan Gum, Jojoba (Simmondsia chinensis) Oil\*, Tocopherol, Guar (Cyamopsis tetragonoloba) Gum.

**EWG Skin Deep Rating:** not listed

**Cost:** 240ml for \$13.95

**Comments:** A pretty good ingredients list except for the sodium hydroxymethylglycinate which is a formaldehyde releaser. So that means that I wouldn't use this.



## Billie Goat Vitamin E Bars



**Ingredients:** Saponified Olive Oil (*Olea Europaea*), Fresh Goat's Milk, Saponified Sweet Almond Oil (*Prunus Amygdalus Dulcis*), Saponified Palm Oil (*Elaeis Guinnesis*), Saponified Castor Oil (*Rincinus Communis*), Saponified Grapeseed Oil (*Vitis Vinifera*), Vitamin E (Tocopherol).

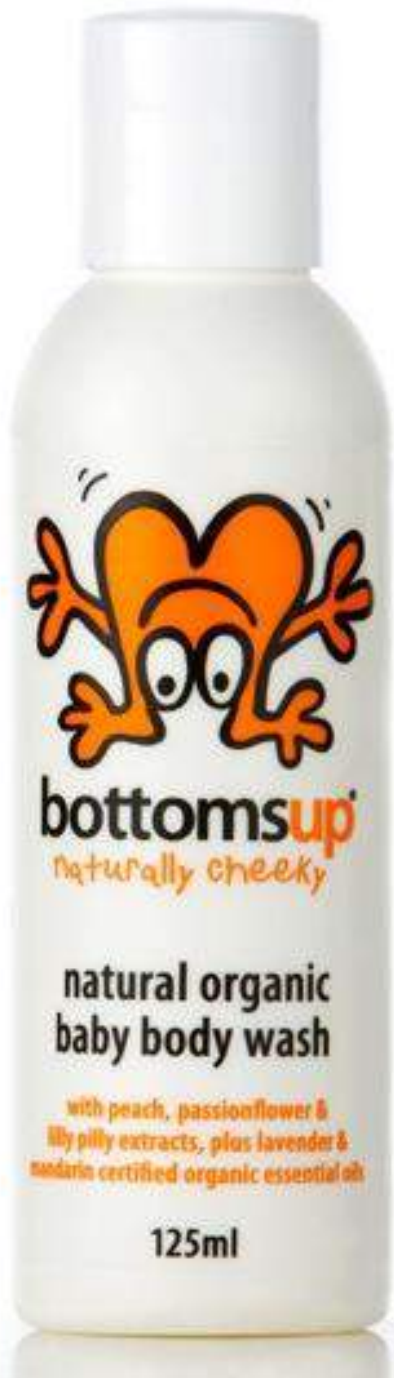
**EWG Skin Deep Rating:** not listed

**Cost:** 2 x 50 g bars for \$9.95

**Comments:** Nice ingredients list. The only thing that I would point out here is the palm oil, if that's something that you try to avoid.



## Bottomsup Natural Organic Baby Body Wash



**Ingredients:** Organic Aloe Barbadensis (Aloe Vera) Leaf Juice, Cocoamidopropyl Betaine (From Coconuts), Glycerine, Sodium Methyl Cocoyl Taurate (From Coconuts), Decyl Glucoside (From Corn & Coconut), Lilly Pilly Extract, Prunus Persica (Peach) Fruit Extract, Passiflora Incarnata Flower Extract, Pink Flannel Flower Essence, \*Organic Citrus Nobilis (Mandarin Orange) Peel Essential Oil, \*Organic Lavandula Angustifolia (Lavender) Essential Oil, Tocopherol (Vitamin E), Phenoxyethanol, Potassium Sorbate.

**EWG Skin Deep Rating:** not listed

**Cost:** 125ml for \$15.00

**Comments:** I start to growl when I see ingredients lists like this. From coconuts? Yes, but so processed that it's no longer natural. There's nothing too scary in there (although I don't like the phenoxyethanol or the cocoamidopropyl betaine, as usual), but it's not certified organic (there are two organic ingredients right at the very bottom of the list) and it's not even 100% natural.



## Brauer Natural Baby Bath & Body Wash



**Ingredients:** Sodium Cocoamphoacetate (And) Glycerin (And) Lauryl Glucoside (And) Sodium Cocoyl Glutamate (And) Sodium Lauryl Glucose Carboxylate, Purified Water, Sodium Cocoyl Sarcosinate, Paw Paw Ferment, Shea Butter, Honey, Xanthan Gum, Coco Glucoside (And) Glyceryl Oleate, Phenoxyethanol, Caprylyl Glycol, Mandarin Oil.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$9.99

**Comments:** The only thing that I don't like in this is the phenoxyethanol. Otherwise it's fine.





## Bubbas Organics Goats Milk Baby Hair & Bath Wash



**Ingredients:** Aloe Barbadensis (Aloe Vera) Leaf Juice, Decyl Glucoside, Coco-Glucoside, Glycerin, Goat Milk, Xanthan Gum, Titanium Dioxide, Olea Europaea (Olive) Fruit Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Calendula Officinalis Flower Oil, Origanum Vulgare (Oregano) Oil, Thymus Vulgaris (Thyme) Extract, Olea Europaea (Olive) Leaf Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Lavandula Angustifolia (Lavender) Flower Extract, Citric Acid.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$21.77

**Comments:** Nothing to be concerned about here. A good choice!



## Buds Cherished Organics Happy Baby Head to Toe Cleanser



**Ingredients:** Aqua/Water, Aloe Barbadensis Leaf Juice\*, Sodium Cocoyl Glutamate, Sodium Cocoglucoside Tartrate, Coco Glucoside, Glyceryl Oleate, Xanthan Gum, Citrus Dulcis (Sweet Orange) Oil\*, Lavandula Angustifolia (Lavender) Oil\*, Pelargonium Graveolens (Geranium) Oil\*, Tocopherol, Helianthus Annuus (Sunflower) Seed Oil, Parfum/Perfume, Geraniol\*\*, Citronello\*\*, Linalool\*\*, Limonene\*. \*.Parfum Made From Essential Oils \*Ingredients From Organic Farming\*\*Natural Constituent Of Essential Oils.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$19.95

**Comments:** This looks pretty good. It's certified by EcoCert, and there's nothing to worry about here.



## Buds Cherished Organics Precious Newborn Head to Toe Cleanser



**Ingredients:** Aqua/Water, Aloe Barbadensis Leaf Juice\*, Sodium Cocoglucoside Tartrate, Sodium Cocoyl Glutamate, Coco-Glucoside, Glycerol Oleate, Parfum/Perfume, Xanthan Gum, Maris Sal (Sel De Mer), Lavandula Angustifolia (Lavender) Oil\*, Pelargonium Graveolens (Geranium) Oil\*, Tocopherol, Helianthus Annuus (Sunflower) Seed Oil, Geraniol\*\*, Citral, Linalool\*\*. \*Ingredients From Organic Farming \*\*Natural Constituent Of Essential Oils.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$29.95

**Comments:** Another good choice. Certified by EcoCert, perfume from essential oils. I like it.





## Burt's Bees Baby Shampoo & Body Wash



**Ingredients:** Aqua, Decyl Glucoside, Coco-Betaine, Lauryl Glucoside, Sucrose Laurate, Glycerin, Parfum\*, Betaine, Sodium Cocoyl Hydrolyzed Soy Protein, Coco-Glucoside, Xanthan Gum, Glucose, Glyceryl Oleate, Sodium Chloride, Citric Acid, Potassium Iodide, Potassium Thiocyanate, Tocopherol, Glucose Oxidase, Lactoperoxidase, Hydrogenated Palm Glycerides Citrate, Lecithin, Ascorbyl Palmitate, Limonene.

**EWG Skin Deep Rating:** [3](#) Moderate Hazard

**Cost:** 235ml for \$19.95

**Comments:** It's the fragrance that pushes the score up on this. There's nothing on the Burt's Bees website, so we have to assume that it's synthetic, although they do say no parabens or phthalates.



## Cetaphil Baby Moisturising Bath & Wash



**Ingredients:** Aqua, Sodium Laureth Sulfate, Glycerin, Cocamidopropyl Betaine, Disodium Laureth Sulfosuccinate, Panthenol, Parfum, Aloe Barbadensis Leaf Juice Powder, Citric Acid, Coco-Glucoside, Glyceryl Oleate, Glycol Distearate, Hydrogenated Palm Glycerides Citrate, Hydrolyzed Wheat Protein, Isopropyl Palmitate, Laureth-4, Peg-120 Methyl Glucose Dioleate, Phenoxyethanol, Polyquaternium-10, Prunus Amygdalus Dulcis Oil, Sodium Benzoate, Sodium Chloride, Sodium Citrate, Sodium Hydroxide, Tocopherol.

**EWG Skin Deep Rating:** not listed

**Cost:** 230ml for \$8.49

**Comments:** There's sodium laureth sulphate, cocamidopropyl betaine, perfume, PEG's, laureth-4, and phenoxyethanol. A definite no from me!



## Cherub Rubs Baby Safe Hair & Body Wash



**Ingredients:** \*Aloe Vera Juice, Decyl Glucoside, Rapeseed Acid, Caprylyl/Capryl Glucoside, \*Glycerine, Parfum, Xanthomonas Campestris (Xanthan Gum), \*Olea Europaea (Olive) Oil, \*Prunus Armeniaca (Apricot) Kernel Oil, \*Prunus Amygdalus Dulcis (Sweet Almond) Oil, \*Helianthus Annuus (Sunflower) Oil, \*Citrus Medica Limonum (Lemon) Peel Oil, \*Melaleuca Alternifolia (Tea Tree) Leaf Oil. \*All Natural And Contains Certified Organic Oils.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$15.95

**Comments:** This is okay, except for the perfume. That's enough to put me off, I'm afraid.



## Curash Baby Bath Wash



**Ingredients:** Water, Sodium Laureth Sulphate, Decyl Glucoside, Disodium Cocoamphodiacetate, Peg-120 Methyl Glucose Dioleate, Coco-Glucoside, Glyceryl Oleate, Peg-15 Cocopolyamine, Peg-7 Glyceryl Cocoate, Fragrance, Citric Acid, Tetrasodium Edta, Sodium Chloride, Propylene Glycol, Tocopheryl Acetate, Aloe Barbadensis (Aloe Vera) Leaf Juice, Polysorbate 20, Diazolidinyl Urea, Iodopropynyl Butylcarbamate, Sodium Benzoate, Potassium Sorbate, Ci 42090.

**EWG Skin Deep Rating:** not listed

**Cost:** 400ml for \$6.99

**Comments:** Sulphates, PEG's, fragrance, synthetic colours, propylene glycol, polysorbate 20, diazolidinyl urea ... there's a lot to avoid in this one. Skip it!





# Dr. Bronner's 4 in 1 Sugar Baby Unscented Organic Sugar Soap



**Ingredients:** Organic Sucrose\*, Organic White Grape Juice, Organic Coconut Oil\*, Organic Palm Kernel Oil\*, Potassium Hydroxide\*\*, Organic Olive Oil\*, Organic Shikakai Powder, Organic Hemp Oil, Organic Jojoba Oil, Citric Acid, Tocopherol\* Certified Fair Trade Ingredients\*\*None Remains After Saponifying Oils Into Soap & Glycerin.

**EWG Skin Deep Rating:** not listed

**Cost:** 355ml for \$17.95

[Shop Now](#)

**Comments:** One of my favourite brands! Great ingredients, great products, great price. Love Dr Bronners!



## Dr. Bronner's Castile Bar Soap - Baby Unscented



**Ingredients:** Organic Coconut Oil\*, Organic Palm Oil\*, Sodium Hydroxide\*\*, Water, Organic Olive Oil\*, Organic Hemp Oil, Organic Jojoba Oil, Sea Salt, Citric Acid, Tocopherol. \*Certified Fair Trade Ingredients \*\*None Remains After Saponifying Oils Into Soap & Glycerin.

**EWG Skin Deep Rating:** not listed

**Cost:** 140g for \$7.95

[Shop Now](#)

**Comments:** Bar soap is a good choice. It's eco friendly, there's no preservatives required, and it lasts forever. And of course, Dr Bronner's is one of my all time favourite brands!



## Dr. Bronner's Pure Castile Liquid Soap - Baby Unscented



**Ingredients:** Water, Organic Coconut Oil\*, Potassium Hydroxide\*\*, Organic Palm Kernel Oil\*, Organic Olive Oil\*, Organic Hemp Oil, Organic Jojoba Oil, Citric Acid, Tocopherol \*Certified Fair Trade Ingredients \*\* None Remains After Saponifying Oils Into Soap & Glycerin.

**EWG Skin Deep Rating:** not listed

**Cost:** 237 ml for \$12.95

[Shop Now](#)

**Comments:** Love the Dr Bronner's! Great ingredients, great products, great price. One of my top picks for baby soap.





## Earth Mumma Organics Bubba Hair & Body Wash



**Ingredients:** Organic Aloe Vera Juice, Coco Glucoside (A Gentle Coconut Surfactant), Organic Guar Gum, Citric Acid (Ph Balancer), Potassium Sorbate (Food Grade Preservative), Organic Glycerine, Organic Jojoba Oil, Organic Avocado Oil, Organic Evening Primrose Oil, Organic Lavender Extract, Organic Olive Leaf Extract, Parfum (Additional Vegetable Preservative), Rosehip Extract, Organic Calendula Extract, Organic Chamomile Extract.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$12.95

**Comments:** Nice one! Good ingredients, and ACO & USDA certified organic. Recommended!





## Earthwise Baby Body Wash Goats Milk



**Ingredients:** Aqua (Water), Cocamidopropyl Betaine, Sodium Cocoyl Isethionate, Coco Glucoside (Plant Based Surfactants), Sodium Chloride (Sea Salt), Betaine (Sugar Beet Extract), Sodium Benzoate, Dehydroacetic Acid, Benzyl Alcohol (Preservatives), Hydroxypropyltrimonium Chloride (Guar Gum Derivative), Tocopheryl Acetate (Vitamin E), Citric Acid, Fragrance (Goats Milk), Caprae Lac (Goats Milk) Powder.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$7.00

**Comments:** Not fussed on this one. There's cocamidopropyl betaine (and yes, it's plant based but it's so processed that it's basically synthetic); benzyl alcohol; and fragrance.



## Ecostore Baby Body Wash



**Ingredients:** Aqua, Sodium Lauroamphoacetate, Citric Acid, Parfum (essential oils), Coco Glucoside, Decyl Glucoside, Glyceryl Oleate, Xantham Gum, Benzyl Alcohol, Dehydroacetic Acid, Sodium Coco Sulphate, Aloe Barbadensis Leaf Juice Powder. Essential oils: Eucalyptus Globulus Leaf Oil, Lavandula Angustifolia, Pelargonium Graveolens Flower Oil.

**EWG Skin Deep Rating:** not listed

**Cost:** 200ml for \$12.95 [Shop Now](#)

**Comments:** The only ingredient that I'm not super keen on is the benzyl alcohol for the preservative, but everything else is good, and I like it!



## Ecostore Baby Soap



**Ingredients:** Aqua, Caprae Lac, Glycerin, Palm Kernel Acid, Sodium Chloride, Sodium Palm Kernelate, Triticum Vulgare (Wheat) Germ Oil, CI 77891 (Titanium Dioxide), Tetrasodium EDTA, Tetrasodium Editronate, Parfum (Essential Oil Fragrance), Fragrance: Lavender.

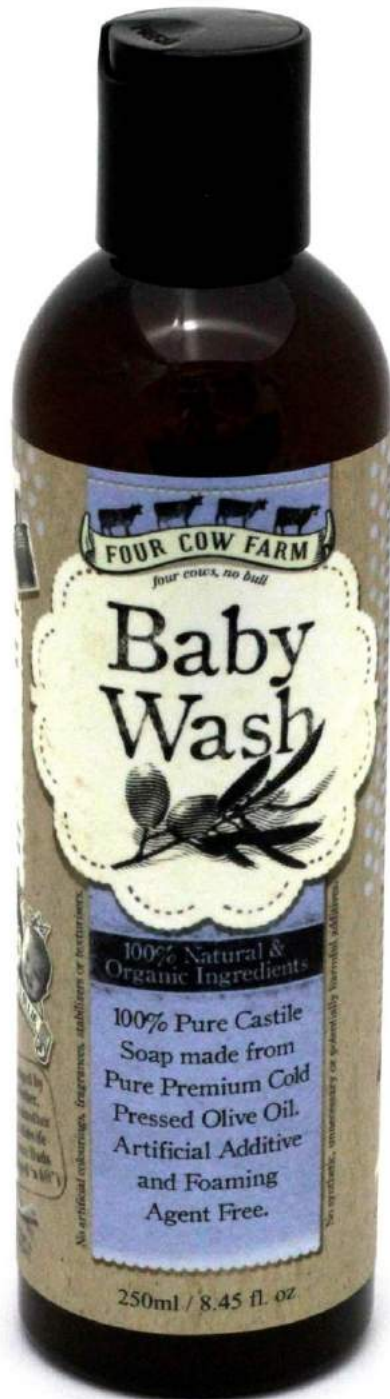
**EWG Skin Deep Rating:** not listed

**Cost:** 80g for \$3.99

**Comments:** Another good choice of bar soap. Ecostore uses fully traceable RSPO certified sustainable palm oil.



## Four Cow Farm Natural Baby Wash



**Ingredients:** Purified Australian Mountain Rainwater, Saponified 100% Olea Europaea (Olive) Oil, Certified Organic Echinacea Angustifolia Extract, Citric Acid (From Citrus Fruit).

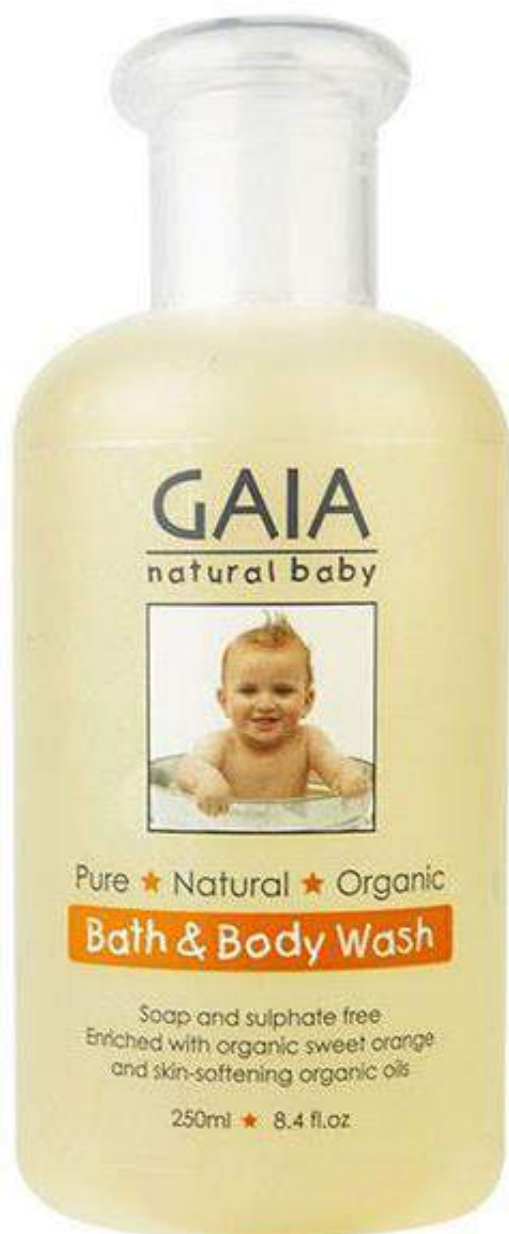
**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$16.95

**Comments:** Nice! Another good choice.



## Gaia Skin Naturals Bath & Body Wash



**Ingredients:** Demineralised Water, Disodium Cocoamphodiacetate (Coconut), Decyl Polyglucoside (Sugar), Coco Betaine (Coconut), Vegetable Glycerine, Almond Glycerides, Lactic Acid, Certified Organic Chamomile Extract\*, Certified Organic Avocado Oil\*, Certified Organic Evening Primrose Oil\*, Sodium Hydroxy Methyl Glycinate (Plant Derived Protein Preservative), Pure Essential Oils Of Certified Organic Lavender\*, Certified Organic Sweet Orange\* And Certified Organic Chamomile\*\* Certified Organic By Aco (Australian Certified Organic).

**EWG Skin Deep Rating:** not listed

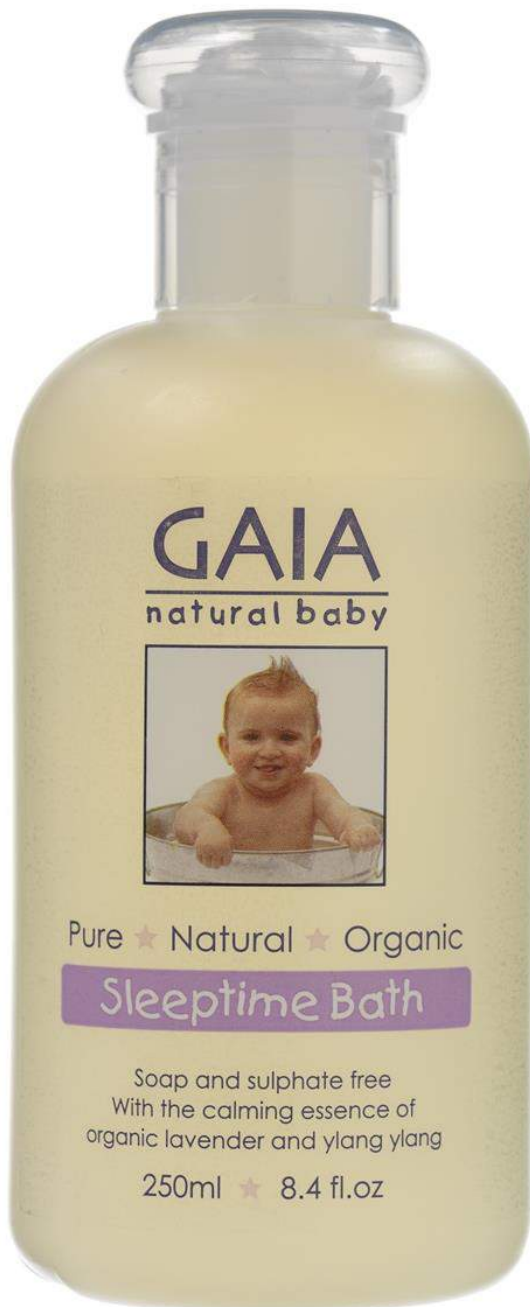
**Cost:** 250ml for \$12.95

**Comments:** I don't like the phenoxyethanol, and the cocoamidopropyl betaine. There's also sodium hydroxymethylglycinate. Gaia have just been hit with a fine for saying that their products are 'pure, natural and organic' when in fact they're using synthetics. Personally, I think it's a little unfair, as there are plenty of other brands doing the same thing, but it's good to see that the ACCC are starting to crack down on this.





## Gaia Skin Naturals Sleeptime Bath Wash



**Ingredients:** Purified Water, Decyl Glucoside, Disodium Cocoamphodiacetate, Cocoamidopropyl Betaine, Guar Gum, Vegetable Glycerine, Lactic Acid, Organic Chamomile Extract\*, Organic Avocado Oil\*, Organic Evening Primrose Oil\*, Sodium Hydroxymethylglycinate And The Pure Essential Oils Of Organic Lavender\* And Organic Ylang Ylang (Linalool - Naturally Occuring Components Of Pure Essential Oils) \* Certified Organic By Aco (Australian Certified Organic).

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$11.50

**Comments:** I don't like the cocoamidopropyl betaine or the sodium hydroxymethylglycinate. Gaia have just been hit with a fine for saying that their products are 'pure, natural and organic' when in fact they're using synthetics.

See my previous comment.



## Grahams Naturals Baby Hair & Body Wash



**Ingredients:** Purified Water, Aloe Barbadensis, Cocamidopropyl Betaine, Alpha Olefin Sulfonate, Lauryl Glucoside, Betaine, Phenethyl Alcohol, Panthenol, Tocopheryl Acetate, Calendula Officinalis (Calendula Extract), Chamomilla Recutita Flower (Chamomile Extract), Capryl Glycol, Decylene Glycol, Disodium Edta, Lavandula Angustifolia (Lavender) Essential Oil, Citric Acid.

**EWG Skin Deep Rating:** not listed

**Cost:** 125ml for \$13.95

[Shop Now](#)

**Comments:** I'm not keen on the cocamidopropyl betaine but otherwise this is fine.



## Herbon Baby Soap



**Ingredients:** Free Fatty Acids, Glycerol, Vegetable Derived Glycerin, Citric Acid, Coconut Oil, Almond Oil And Water

**EWG Skin Deep Rating:** not listed

**Cost:** 75g for \$2.18

**Comments:** Nothing to be concerned about. Another good bar soap!





## Jack n Jill Baby Shampoo & Body Wash - Serenity



**Ingredients:** Water (Aqua), Decyl Glucoside, Lauryl Glucoside, Glycerin, Sodium Citrate, Gluconolactone, Xanthan Gum, Quillaja Saponaria Bark Extract, Chenopodium Quinoa Seed Extract, Lavandula Angustifolia (Lavender) Oil, Callitris Glaucophylla (White Cypress) Oil, Callitris Glaucophylla (White Cypress) Leaf Extract, Anthemis Nobilis Flower Oil\*\*, Salvia Sclarea (Clary) Oil, Panthenol, Citric Acid, Disodium Edta, Sodium Benzoate, Calcium Gluconate, Linalool\*, Limonene\*. \*Naturally Occurring In The Essential Oils, \*\*Certified Organic Ingredients.

**EWG Skin Deep Rating:** not listed

**Cost:** 300ml for \$13.95 [Shop Now](#)

**Comments:** Nothing to be concerned about here – another good choice!



## Jackson Reece Baby Body Wash



**Ingredients:** Aqua, Betaine, Lauryl Betaine, Coco Glucoside, Xanthan Gum, Levulinic Acid, Potassium Sorbate, Cananga Odorata Oil.

**EWG Skin Deep Rating:** not listed

**Cost:** 200ml for \$10.00

**Comments:** Nothing wrong with this, either. Another decent one.



## Johnson Baby Top To Toe Bath

---



**Ingredients:** Water, Peg-80 Sorbitan Laurate, Cocamidopropyl Betaine, Sodium Trideceth Sulfate, Peg-150 Distearate, Citric Acid, Phenoxyethanol, Sodium Hydroxide, Glycerin, Sodium Benzoate, Tetrasodium Edta, Fragrance, Polyquaternium-10, Ethylhexylglycerin.

**EWG Skin Deep Rating:** not listed

**Cost:** 500mL for \$8.59

**Comments:** Better than it was last time I reviewed this, but there's still fragrance, PEG's, cocamidopropyl betaine, and phenoxyethanol. So it's still a no from me!



## Johnson Pure Baby Soap

---



**Ingredients:** Sodium Palmate, Sodium Palm Kernelate, Water, Titanium Dioxide, Sodium Chloride, Glycerin, Avena Sativa (Oat) Kernel Flour, Phosphoric Acid, Tetrasodium Edta, Etidronic Acid, Fragrance

**EWG Skin Deep Rating:** not listed

**Cost:** 2 x 95g for \$2.29

**Comments:** This bar soap has a reasonably low toxicity rating, but it does contain synthetic fragrance and unsustainable palm oil. There are better bar soaps, although this has improved from the last time I reviewed it.



## La Clinica Organic for Baby Soap Free Wash Gel



**Ingredients:** Silica Spring Water, Sodium Cocoamphoacetate, Glycerin Lauryl Glucoside, Disodium Cocoyl Glutamate, Sodium Lauryl Glucose Carboxylate, Coco-Glucoside, Glyceryl Oleate, Glycerine, D-Glucono-1, 5-Lactone, Hydroxypropyl Guar, Sodium Benzoate, Chamomile (*Matricaria Recutita*) Extract (Organic), Calendula Officinalis Extract (Organic), Oregon Grape (*Berberis Aquifolium*) Extract, D-Panthenol, Citric Acid, Frankincense (*Boswellia Serrata*) Extract, Rose Geranium (*Pelargonium Graveolens*) Oil, Lavender (*Lavandula Angustifolia*) Oil (Organic), Ylang Ylang (*Cananga Odorata*) Oil (Organic), Rosehip (*Rose Canina*) Oil (Organic), Oliva (*Olea Europaea*) Oil (Organic), Hyaluronic Acid.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$12.00

**Comments:** Organic for baby? There's not much organic in this. Ingredients have to be listed from largest to smallest quantities, and it's a long way down the list before you get to anything organic here. My guess would be that less than 5% of this product is organic, so I'm not impressed. Aside from the greenwash, the ingredients are okay and it's a reasonable product.





## Little Innoscents Hair & Body Wash



**Ingredients:** Aloe Vera (Aloe Barbadensis Leaf Juice)\*, Emulsifying Wax (Decyl Glucoside & Coco Glucoside), Vegetable Glycerine, Xanthum Gum, Preservative (Glyceryl Caprylate), Jojoba Oil (Simmondsia Chinensis)\*, Aqua (And) Lactic Acid, Spearmint (Mentha Viridis Oil), Sweet Orange (Citrus Aurantium Dulcis Oil)\*, Lavender (Lavandula Angustifolia Oil). \*Denotes Certified Organic.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$13.95

[Shop Now](#)

**Comments:** ACO certified organic, and all the ingredients are good. What's not to love? One of my faves!



## Little InnoScents Organic Goats Milk Soap Bar



**Ingredients:** Organic Sodium Palmate\*, Organic Sodium Palmkernel\*, Aqua (Purified Water), Glycerin\*, Sodium Chloride, Ylang Ylang Oil (Cananga Odorata), Goats Milk, Shea Butter (Butyrospermum Parkii)\*, Honey (Mel)\*, Citric Acid.\*Denotes Certified Organic.

**EWG Skin Deep Rating:** not listed

**Cost:** 100g for \$3.99

[Shop Now](#)

**Comments:** Another great choice of bar soap. Certified organic, great ingredients.



## Lovekins Baby Hair & Body Wash



**Ingredients:** Aqua (Water), Aloe Barbadensis (Aloe Vera) Leaf Juice, \*Decyl Glucoside, Camellia Sinensis (White Tea) Leaf Extract, Terminalia Ferdinandiana (Kakadu Plum) Fruit Extract, Santalum Acuminatum (Quandong) Extract, Benzyl Alcohol, \*Coco-Glucoside, \*Glyceryl Oleate, \*Dehydroacetic Acid, Lavandula Angustifolia (Lavender) Oil, Cananga Odorata (Ylang Ylang) Oil.

\*Plant Derived.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$34.95

**Comments:** The only ingredient I don't like is the benzyl alcohol, but this is okay otherwise.



## Lovekins Camel Milk Baby Soap



**Ingredients:** Sodium Oliviate\*, Sodium Cocoate\*, Sodium Rapeseedate (Hydrogenated)\*, Aqua, Glycerin\*, Camel Milk, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Terminalia Ferdinandiana (Kakadu Plum) Fruit Extract, Santalum Acuminatum (Quandong) Fruit Extract, Sodium Chloride, Tetrasodium Glutamate Diacetate\*. \* Plant Derived

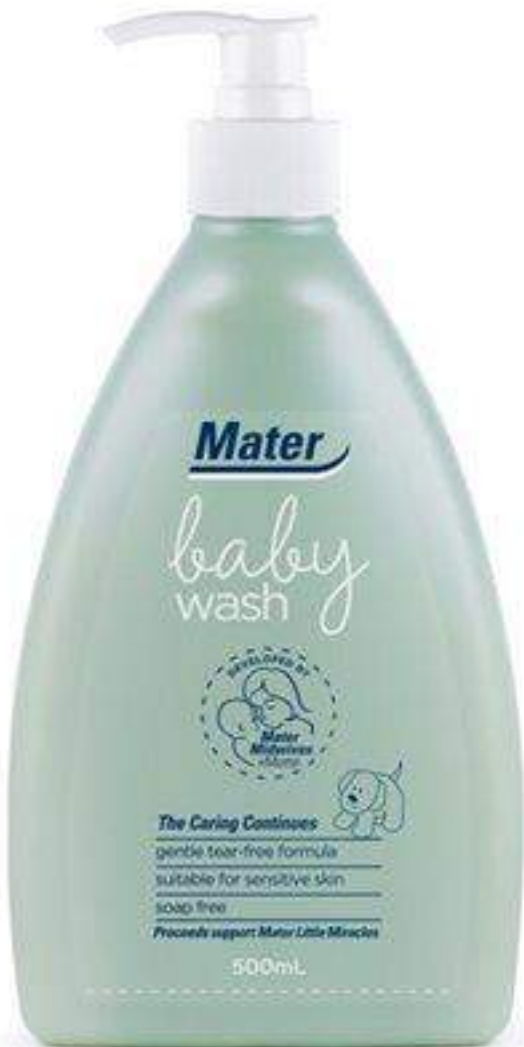
**EWG Skin Deep Rating:** not listed

**Cost:** 115g for \$10.95

**Comments:** Nice! Bar soaps are usually a good choice, and this is no exception.



## Mater Baby Wash



**Ingredients:** Aqua, Sodium Lauroyl Methyl Isethionate, Sodium Bis-Hydroxyethylglycinate Lauryl-Glucosides Crosspolymer, Coco Betaine, Sodium Methyl Oleoyl Taurate, Oat Extract, Glycerin, Benzyl Alcohol, Polyquaternium-10, Sodium Pca, Fragrance, Dehydroacetic Acid, Sodium Benzoate, Citric Acid.

**EWG Skin Deep Rating:** not listed

**Cost:** 500ml for \$16.99

**Comments:** There's a few ingredients I don't like in this one: coco betaine (cocamidopropyl betaine); benzyl alcohol; and of course the fragrance. There are better choices available.





## Milk & Co Bath Time Wash

---



**Ingredients:** Water, Decyl Glucoside, Cocamidopropyl Betaine, Glycerin, Sodium Cocosulphate, Lavandula Angustifolia (Lavender) Oil, Sodium Benzonate, Potassium Sorbate, Calendula Officinalis Flower Extract, Lactic Acid, Chamomilla Recutita (Matricaria) Flower Oil.

**EWG Skin Deep Rating:** not listed

**Cost:** 375ml for \$12.95

**Comments:** I'm not keen on the cocamidopropyl betaine but otherwise this is okay.



## Moo Goo Natural Mini Moo Bubbly Wash

---



**Ingredients:** Aqua, Cocamidopropyl Betaine (Coconut Derived Bubbly Cleanser), Decyl Glucoside (Glucose Derived Cleanser), Coco-Glucoside (Glucose Derived Cleanser), Aloe Barbadensis Leaf Juice (Aloe Vera), Sodium Cocoyl Sarcosinate (Coconut Derived Cleanser), Glyceryl Oleate (Natural Ester), Oryza Sativa (Colloidal Rice) Bran, Glycol Distearate, Guar Gum) Glyceryl Caprylate, Piroctone Olamine, Humulus Lupulus (Hops) Extract.

**EWG Skin Deep Rating:** not listed

**Cost:** 500mL for \$17.50

**Comments:** Companies love to tell you that cocamidopropyl betaine is 'natural' because it's derived from coconut. But the coconut oil goes through synthetic processes that mean it's so far removed from its natural state that it's not natural. It can also be contaminated with nitrosamines. Otherwise, this is okay.



## Mustela Gentle Soap with Cold Cream



**Ingredients:** Sodium Palmate, Sodium Palm Kernelate, Aqua /Water/Eau, Parfum (Fragrance), Palm Acid, Glycerin, Sodium Chloride, Palm Kernel Acid, Octyldodecanol, Cocoglycerides, Hordeum Vulgare Extract/ Extrait D’Orge, Polyglyceryl-2 Dipolyhydroxystearate, Pentasodium Pentetate, Tetrasodium Etidronate, Polyglyceryl-3 Diisostearate, Magnesium Sulfate, Cera Alba/Beeswax/Cire D’Abeille, Ceramide 3, Persea Gratissima (Avocado) Fruit Extract, Phytosphingosine, Sodium Benzoate, Citric Acid.

**EWG Skin Deep Rating:** [3](#) Moderate Hazard

**Cost:** 150g for \$9.95

**Comments:** It’s really on the fragrance that stands out in this one, but it’s also chock full of palm oils and no mention of sustainability at all.



## Nature's Child Organic Baby Soap & Baby Wash



**Ingredients:** Certified Organic Coconut And Certified Organic Olive Saponified Oils (Potassium Cocoate, Potassium Olivate), Purified Water (Aqua), Guar Gum, Xanthan Gum.

**EWG Skin Deep Rating:** not listed

**Cost:** 100ml for \$19.95 [Shop Now](#)

**Comments:** Excellent choice - the ingredients are great, and they're 100% ACO certified organic. Definitely a good pick.



## Only Papaya Baby Bath Time

---



**Ingredients:** Carica Papaya Extract, Sodium Lauroamphoacetate, Cocamidopropyl Betaine, Aqua, Sodium Cocoyl Isethionate, Sodium Methyl Cocoyl Taurate, Glyceryl Stearate Se, Hydrolysed Oats, Lavandula Angustifolia (Lavender) Oil, Sorbitol, Phenethyl Alcohol, Caprylyl Glycol, Silver Citrate, Citric Acid.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$14.95

**Comments:** Lots of papaya in this, but I'm not keen on the cocamidopropyl betaine. Otherwise this is okay.





## Organic Babies Lavender Baby Wash & Shampoo



**Ingredients:** Aqua (Spring Water), Sodium Coco-Sulfate (From Coconut), Cocamidopropyl Betaine (Derived From Coconut), Decyl Glucoside (Derived From Corn), Chamomilla Recutita (Chamomile) Flower Extract\*, Aloe Barbadensis (Aloe Vera) Leaf Juice Powder\*, Yucca Schidigera (Yucca) Stem Extract, Aroma [Lavandula Angustifolia (Lavender) Herb Oil\*^, Citrus Nobilis (Mandarin) Peel Oil\*], Gluconolactone, Sodium Benzoate, Citric Acid, Limonene\*, Linalool\*. \*83.9% Organic ^Fairly Traded.

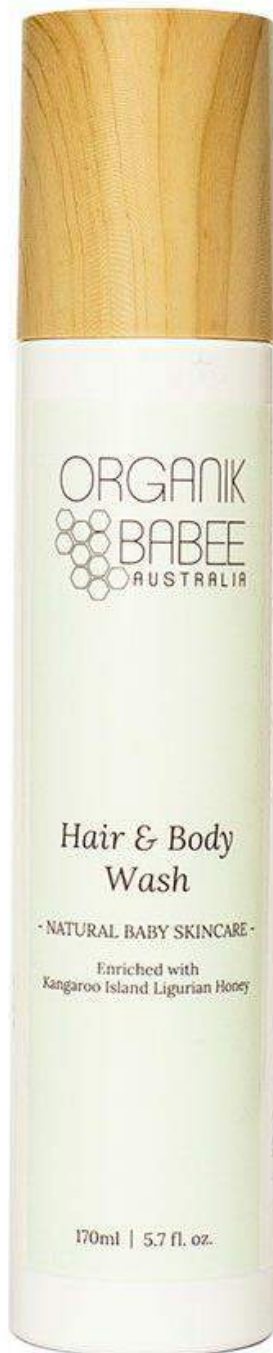
**EWG Skin Deep Rating:** not listed

**Cost:** 150ml for \$22.95

**Comments:** Again with the cocamidopropyl betaine, but otherwise this isn't a bad product.



## Organik Babee Hair & Body Wash



**Ingredients:** Melaleuca Alternifolia (Tea Tree) Oil Hydrosol\*, Decyl Glucoside, Coco-Glucoside, Glycerine\*, Xanthan Gum, Glyceryl Caprylate, Simmondsia Chinensis (Jojoba) Seed Oil\*, Canaga Odorata Flower Oil (Ylang Ylang)\*, Cymbopogon Schoenanthus (Lemongrass) Oil\*, Honey\*, Centipeda Cunninghamii Extract, Aloe Barbadensis Leaf Juice Powder\*, Citric Acid. \*Denotes Certified Organic Ingredient.

**EWG Skin Deep Rating:** not listed

**Cost:** 170ml for \$29.95

**Comments:** Nice ingredients list! Nothing to be concerned about, and I'd recommend this one.



## Petite Planet Baby Wash & Shampoo

---



**Ingredients:** Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Citric Acid, Cocamidopropyl Betaine, Coco-Glucoside, Fragrance, Glycerin, Glyceryl Oleate, Guar Hydroxypropyltrimonium Chloride, Nelumbo Nucifera Flower Extract (Lotus Flower Extract), Oryza Sativa (Rice) Bran Extract (Rice Extract), Polyquaternium-10, Sodium Benzoate, Sodium Hydroxide, Sodium Lauroamphoacetate, Tetrasodium Glutamate Diacetate, Water.

**EWG Skin Deep Rating:** not listed

**Cost:** 236ml for \$13.00

**Comments:** Cocamidopropyl betaine, fragrance and sodium hydroxide (which can be highly caustic, although it's also used to adjust pH levels) – those three are enough to put me off.

It's also from Johnson & Johnson, which might be enough to put you off.



## Pineapple Heads Bodywash



**Ingredients:** Aqua, Sodium Coco-Sulphate, Coco-Glucoside, Decyl Glucoside, Sodium Lauroamphoacetate, Glyceryl Oleate, Xanthan Gum, Citric Acid, Glycerin, Benzyl Alcohol, Dehydroacetic Acid, Mangifera Indica, Fruit Extract, Carica Papaya Leaf Extract, Ananas Sativus Fruit Extract, Parfum.

**EWG Skin Deep Rating:** not listed

**Cost:** 375ml for \$15.95 [\*\*Shop Now\*\*](#)

**Comments:** This does have fragrance, but it is an EcoCert approved fragrance, so I'm happy with that. All in all, this is a pretty good product.



## QV Baby Gentle Wash

---



**Ingredients:** Aqua (Water), Glycerin, Sodium Lauroyl Sarcosinate, Disodium Cocoamphodiacetate, Lauryl Betaine, Sodium Cocoyl Isethionate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Styrene/Acrylates Copolymer, Aminomethyl Propanol, Methylparaben, Propylparaben.

**EWG Skin Deep Rating:** not listed

**Cost:** 250g for \$9.99

**Comments:** Skip straight to the end where you'll see the parabens. No thanks!





## Resparkle Natural Baby Hair & Body Wash



**Ingredients:** Aqua, Coco Glucoside, Decyl Glucoside, Xanthan Gum, Citric Acid, Potassium Sorbate, Glyceryl Caprylate, Organic Jojoba Oil, Organic Lavender Oil.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$10.95 [Shop Now](#)

**Comments:** Nothing nasty in this one. Another good choice!



## Sanctum Baby Shampoo & Wash



**Ingredients:** Aloe Barbadensis Leaf Juice\*, Decyl Glucoside, Olive (Olea Europaea) Leaf Extract\*, Glycerin\*, Xanthan Gum, Calendula Officinalis Flower Extract\*, Honeysuckle (Lonicera Caprifolium) Flower Extract, Lavender (Lavandula Angustifolia) Oil\*, Honeysuckle (Lonicera Japonica) Flower Extract, Lemon (Citrus Medica Limonum) Peel Oil\*, Sweet Marjoram (Origanum Majorana) Leaf Oil, Citral, Linalool, Limonene. \*Certified Organic / 91% Certified Organic / 100% Naturally Derived.

**EWG Skin Deep Rating:** not listed

**Cost:** 150g for \$9.95

**Comments:** Nice ingredients list! Recommended.



## Sebamed Baby Cleansing Bar



**Ingredients:** Triticum Vulgare Starch, Disodium Lauryl Sulfosuccinate, Stearic Acid, Palmitic Acid, Cetearyl Alcohol, Aqua, Talc, Lactic Acid, Sodium Lauroyl Sarcosinate, Cocamidopropyl Betaine, Panthenol, Inulin, Lecithin, Glycine, Magnesium Aspartate, Alanine, Lysine, Leucine, Tartaric Acid, Parfum, Ci 77891.

**EWG Skin Deep Rating:** not listed

**Cost:** 100g for \$7.95

**Comments:** Fragrance, cocamidopropyl betaine, talc ... I did say that I like soap bars, but not all soap bars are created equal. I wouldn't use this one.



## Sukin Baby Gentle Body Wash Fragrance Free



**Ingredients:** Water (Aqua), Sodium Lauroyl Methyl Isethionate, Cocamidopropyl Betaine, Glycerin, Aloe Barbadensis Leaf Juice, Chamomilla Recutita (Matricaria) Flower Extract (Chamomile), Persea Gratissima (Avocado) Oil, Oenothera Biennis (Evening Primrose) Oil, Sodium Chloride, Tetrasodium Glutamate Diacetate, Citric Acid, Phenoxyethanol, Benzyl Alcohol, Ethylhexylglycerin.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$9.95

**Comments:** Cocamidopropyl betaine, benzyl alcohol and phenoxyethanol - not for me.



## Thank You - Baby Bath Wash

---



**Ingredients:** Water (Aqua), Aloe Barbadensis (Aloe Vera) Leaf Juice, Sodium Laurylglucosides Hydroxypropylsulfonate, Decyl Glucoside, Glycerine (Non Palm Derived), D-Alpha Tocopherol Acetate (Vitamin E) Natural, Avena Sativa (Oat) Extract, Matricaria Chamomilla (Chamomile) Extract, Althaea Officinalis (Marshmallow) Extract, Lavandula Hybrid (Lavandin) Oil, Xanthan Gum, Guar Gum, Hydroxyethyl Cellulose, Dehydroacetic Acid, Benzyl Alcohol, Phenoxyethanol, Lactic Acid (Non-Animal Derived).

**EWG Skin Deep Rating:** not listed

**Cost:** 300ml for \$9.99

**Comments:** Phenoxyethanol and benzyl alcohol are enough to put me off this one. There are better choices.





## The Base Collective Little Hair & Body Wash



**Ingredients:** Purified Water, Organic Aloe Vera Juice, Coco Glucoside, Guar Gum, Citric Acid, Magnesium Chloride, Lavender Essential Oil, Potassium Sorbate, Parfum (Natural Preservative), Organic White Tea Extract, Organic Avocado Oil, Organic Macadamia Oil, Sweet Almond Oil, Sunflower Oil, Organic Aloe Vera Extract, Organic Olive Leaf Extract, Rosehip Extract, Organic Chamomile Extract.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$18.95 [Shop Now](#)

**Comments:** This is a nice ingredients list. There is perfume listed, but it's an ecocert approved gentle preservative that has to be listed as parfum. Good choice – I've used and like this one.



## Weleda Calendula Baby Soap



**Ingredients:** Sodium Palmate, Sodium Cocoate, Water, Sodium Oliviate, Fragrance\*, Glycerin, Calendula Officinalis Flower Extract, Chamomilla Recutita Extract, Iris Germanica Root Extract\*, Viola Tricolor Extract, Oryza Sativa Extract, Malt Extract, Sodium Chloride, Sodium Stearate, Limonene\*, Linalool\*, Citronellol\*, Geraniol\* \*From Natural Essential Oils.

**EWG Skin Deep Rating:** 4 Moderate Hazard

**Cost:** 100g for \$9.95

**Comments:** If you're a regular reader of these cheat sheets, you know my feelings about Weleda. Weleda always scores higher on the EWG database because of the fragrance. But their fragrance is made from essential oils, they don't use phthalates or parabens, and they have Innovator Status in the EWG Campaign for Safer Cosmetics. The limonene, linalool, citronellol and geraniol that all score high in the EWG Skindeep database are essential oil compounds that have to be declared separately, even though they're not synthetic and aren't added separately. I love Weleda products, and am happy to recommend them and use them. Also, their palm oil is sustainable and traceable.



## Weleda Calendula Cream Bath



**Ingredients:** Aqua, Prunus Amygdalus Dulcis Oil, Sesamum Indicum Seed Oil, Alcohol, Glycerin, Calendula Officinalis Extract, Glyceryl Stearate SE, Parfum, Xanthan Gum, Glyceryl Stearate Citrate, Limonene, Linalool.

**EWG Skin Deep Rating:** not listed

**Cost:** 200ml for \$25.95 [Shop Now](#)

**Comments:** Once again, it's the perfume that pushes the rating on this up. However, as Weleda doesn't use phthalates or parabens, I have absolutely no problems in using their products (indeed, I love them!).



## Wild Organic Baby Hair & Body Wash



**Ingredients:** Water, Aloe Barbadensis (Aloe Vera) Leaf Juice\*, Coco-Glucoside, Xanthan Gum, Glycerol Caprylate, Arctium Lappa (Burdock) Root Extract, Calendula Officinalis Flower Extract, Tilia Cordata (Lime) Flower Extract, Lactic Acid, Potassium Sorbate, Tocopherol (Vitamin E), Helianthus Annuus (Sunflower) Seed Oil, Lavandula Angustifolia (Lavender) Oil\*, Cananga Odorata (Ylang Ylang) Flower Oil\*, Anthemis Nobilis (Chamomile) Flower Oil\*. \*Certified organic source

**EWG Skin Deep Rating:** not listed

**Cost:** 125ml for \$14.50

**Comments:** This is a nice list of ingredients. I'd be happy to use this!





## Wotnot Baby Wash



**Ingredients:** Aloe Vera Leaf Juice\*, Decyl Glucoside, Glycerine, Purified Water, Xanthan Gum, Flaxseed Oil\*, D-Alpha Tocopheryl Acetate (Gmo-Free Vitamin E), Sweet Orange Oil\*, Essential Oils Of Rose, Chamomile Oil\*, Rice Flour\*, Citric Acid, Potassium Sorbate (Food Grade Preservative) \*Certified Organic Ingredients.

**EWG Skin Deep Rating:** not listed

**Cost:** 250ml for \$16.95

[Shop Now](#)

**Comments:** It's certified organic by ACO, and the ingredients are excellent. Another good product from a great brand!



**Disclaimer:**

*I started Hello Charlie because I was concerned about some of the products that I was using on myself and my children. I'm no chemist, I'm just a mum who does plenty of research on products before I use them and before I'll stock them at Hello Charlie.*

*Lots of customers and friends ask me about products that I'd recommend, and what they should be looking for when buying for their own families. These guides are the results of my research and reading.*

*I'd love to hear from you if you've read differently, or have opinions or great products that you'd like to share. Teaching yourself about better choices for our families and our environment is a journey, and I'd love for you to join me on it!*

*If you'd like to share this information with other parents, please feel free to do so. However, please bear in mind the time that it takes for me to do this research, and do the right thing by attributing this article back to me here at Hello Charlie. Thanks!*

Vanessa xx



*Have we missed your favourite baby wash?  
Comments or questions?*

Drop us a line and let us know at [info@hellocharlie.com.au](mailto:info@hellocharlie.com.au)

# FURTHER READING

---

## Interested in finding out more?

We've got lots more articles and cheat sheets on the blog.

Other articles on baby soap and body wash:

[Toxic Living: Baby Soap & Body Wash](#)

[Wotnot Baby Products – Tried, Tested & Reviewed for You!](#)

[5 of the Best: Nature's Child Rated and Reviewed](#)

[The Many Uses of Castile Soap](#)

And don't forget to check out the rest of our Cheat Sheets! You'll find them all [right here on the blog](#).

# Thanks for reading!

If you're keen to grab some safer baby soap and body wash for your little one, why not check out our fantastic range over on Hello Charlie?

**Shop Now**

Questions? Email us at [info@hellocharlie.com.au](mailto:info@hellocharlie.com.au)  
Or call us on 1300 725 876

