



The Beauty Bust — An Exposé

Beauty + Style



Is your skin “eating” toxic stuff?

If you can't pronounce the ingredients on your lotion label, probably. Little government oversight means our beauty products are full of some not-so-pretty stuff.

Why This Matters

- 60% of what we put on our skin gets absorbed into our bodies, including the **carcinogenic and hormone-disrupting chems** in our personal care products.

- The toxic chems that don't go onto your skin get washed down the drain – into our water systems.
- Women in the US spend over **\$27 billion each year on cosmetics**. Voting with our dollars for healthier cosmetics can make a difference.

Did you know?

Skin makes up about 15% of your body weight.

On a Personal Note

“Fragrance” is a word on the ingredient list used to hide about 4,000 different chemicals and your skin absorbs a full 100% of fragrance ingredients. Being pregnant, I am more sensitive to synthetic fragrances . . . I bet it's nature way of helping me avoid things that are bad for the babe.

Ready to Try?

- Watch the episode to find out what to look for, and meet the beautiful Kari Gran who developed her own line of skin care products after being diagnosed with an autoimmune disease.
- Avoid ANY product containing parabens, formaldehyde, or synthetic fragrances.
- Download the free [SkinDeep app](#) to scan barcodes and get safety ratings on over 72,000 products, on the fly.

Our Fresh Pick

Nine Naturals tingly, mint-infused shampoo and conditioner were designed especially for pregnant women. Regardless – pregnant or not – they are our favorite paraben, sulfate and “fragrance” free options for any processed, dry hair. (\$20/bottle)

A Deeper Dig

Watch this short yet super-info packed video: [The Story of Cosmetics](#). With stick-figure brilliance, the fabulous Annie Leonard explains what we can do to help fix a broken system.

Jen's Favorite Beauty Products

For the Body:

Pomega5 Bois de Rose Velvet Hydrating Cream (\$60/ 50 ml)

Burt's Bees Bath & Body Oil (\$14/ 4 oz)—I have dryer skin and so sometimes it's nice to do a bit of this oil, especially on my arms and legs if I'm going out and want to shine.

For the Hands:

The Wonder Seed Hemp Seed Oil and Spring Lavender Hand Cream (\$13/2.4 oz)

For the Face:

EcoTools Makeup Brushes (\$11/ set)—As good as the \$50+ ones I was cajoled into buying when at a fancy department store!

Josie Maran Bronzer (\$15/ tube)—Because most women need a good bronzer even when going “au natural” with their makeup, and this is the best chem-free one out there.

Suntegrity “5 in 1” Natural Moisturizing Face Sunscreen—The 5 in 1 stands for treat, hydrate, protect, prime, cover. I'd definitely take this to the desert island if I could only pack 3 things for beauty care (the other two are a lash curler and [Kari Gran lip whip](#)).

Kari Gran Serum (\$60/ 30 ml) and Tonic (\$35/ 100 ml)—you mix them together and get the best facial moisturizer imaginable – great for all skin types. I use this at night, and Suntegrity to start the day.

For the Hair:

Chi Enviro Shampoo and Conditioner (\$21/bottle)—leaves my hair feeling like I've been to the salon.

Nine Naturals Shampoo and Conditioner (\$20/ bottle)—love the minty tingle and the results. It reminds me of a purer version of Aveda.

Chi Enviro Smoothing Serum(\$14/ bottle)—if you have annoying little waves and frizz in you hair, this serum really helps, especially with the blow dryer.

Original Moxie Moisture Gel Treatment (\$12/ 4 oz)—a great treatment for dry and damaged hair. Love that you can leave it in and don't need to wait 10 minutes to rinse. Who has an extra 10 minutes these days?!

Original Moxie Sweet Poof Volumizing Spray with Irish Moss extract (\$16/ 4 oz)—Although the 80s are over we still need a little help with our mops. And well, Aquanet is scary.

For the Nails:

[SpaRitual Nail Lacquer](#) (\$9-12/ .5 oz)—formaldehyde free with over 30 colors to choose from.

[Karma Naturals Organic Nail Polish Remover](#) (\$12/ 4 oz)—yes it takes a few more strokes to get the polish off, but it's totally worth it to avoid that "hi I'm scorching my fingernails" feeling.

For the Bath:

[EO Lavender Bubble Bath](#) (\$10/ 12 oz)—it bubbles, smells delish (i.e.: like *areal* lavender field), and gives me peace of mind that I am soaking up goodness (not chems).

[Essence of Vali Sleep Massage and Bath Oil](#) (\$23/ 4 oz)—lavender, peppermint, and birch bark create a heavenly bouquet, and I love having something on hand should my husband decide to actually give me a massage!

For the Feet:

Me & the Girls [Lavandula Revive Foot Scrub](#) (\$26/ 1.5 oz)—being the girl that cannot get the calluses scrubbed off her feet due to being too ticklish, this stuff is a tootsie-life-saver.

For the Teeth:

[The Natural Dentist Healthy Teeth & Gums Toothpaste](#) (\$4/ 5 oz)—sodium laurel sulfate free, with no artificial dyes or preservatives.