



Avoid the potentially toxic ingredients in many conventional personal-care products and choose safe, natural alternatives.

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Day in and day out, most of us use an arsenal of products that claim to make our skin softer and more youthful, our hair thicker and shinier, and our teeth whiter and brighter. But what the million-dollar marketing campaigns don't tell us is the majority of personal-care products contain chemicals that may cause skin irritation, reproductive issues, developmental problems, liver and kidney damage, and cancer. While many consumers may assume that the FDA tests personal-care products for safety before they go on store shelves, according to current law, it is up to manufacturers to ensure that products and their ingredients are safe before they sell them. In addition, manufacturers aren't required to list ingredients on the label if they qualify as "trade secrets" or are present in "an insignificant level and having no technical or functional effect." Phrases such as "other ingredients" or "fragrance" can often include multiple ingredients not required to be individually listed on the label. So it is up to us to do our own research and seek out the safest products.

Start by reading the list of ingredients on the personal-care products you use. Not sure which are benign and which you should avoid? Use our list at right to help you identify chemicals of concern. You can also assess the toxicity of personal-care products and find safer alternatives at the Environmental Working Group's Skin Deep database (cosmeticsdatabase.com), which rates more than 69,000 products on a toxicity scale from 0 to 10 (10 is most toxic). The Campaign for Safe Cosmetics (safecosmetics.org) recommends choosing products in the 0-to-2 range, but be sure to look at the ingredients responsible for a product's rating. Some natural ingredients, such as essential oils, are flagged for possible health effects because they can cause potential allergic reactions. Therefore, some chemical-free products made by trustworthy companies may have high scores. If you're unsure about a product, contact the company directly. You can also check out some of our favorite healthy, natural personal-care products and companies featured on the following pages.

The Ban List

Browsing the aisles for healthy personal-care products can be daunting. Knowing which chemicals are most important to avoid can help you make healthy, informed decisions. Here are our top picks of ingredients to avoid and why.

1. SYNTHETIC PRESERVATIVES

Synthetic preservatives such as parabens and formaldehyde are used to prevent microbial growth in liquid personal-care products such as shampoos, conditioners, moisturizers, and face and body washes. While they increase shelf life, these synthetic preservatives can trigger skin allergies, irritation and more serious health effects.

Parabens mimic estrogen in the body, may cause reproductive disorders and have been detected in cancerous breast tumors. Ethylparaben, butylparaben, methylparaben and propylparaben are frequently used in cosmetics. Formaldehyde is listed as a human carcinogen by the EPA, the International Agency for Research on Cancer, and the National Toxicology Program of the Department of Health and Human Services. Yet formaldehyde-releasing preservatives are used in many personal-care products, particularly shampoos and liquid body soaps. Formaldehyde is listed under a variety of names on labels, including dimethyl-dimethyl (DMDM) hydantoin, imidazolidinyl urea, diazolidinyl urea, sodium hydroxymethylglycinate, and 2-bromo-2-nitropropane-1,3-diol (bronopol). Methylchloroisothiazolinone and methylisothiazolinone are two other widely used synthetic preservatives that can cause allergic reactions and should be avoided.

2. TRICLOSAN

Triclosan is an antibacterial chemical used in soaps, face washes, deodorants, toothpastes, mouthwashes and some other personal-care products. It accumulates in our bodies and is linked to skin irritation, liver toxicity and hormone disruption. Triclosan can also accumulate in waterways, killing beneficial bacteria that contribute to healthy ecosystems. Other studies have raised the possibility that triclosan contributes to the increase in antibiotic-resistant bacteria, according to the FDA. The FDA has found no evidence that antibacterial hand wash is more effective than plain soap and water for preventing the spread of infection and reducing bacteria on the skin.

3. FRAGRANCE (PHTHALATES)

Unfortunately, one of the most potentially troublesome ingredients in personal-care products is also one of the most ubiquitous. Synthetic fragrances are present in nearly every personal-care product, including face washes and moisturizers; soaps; body washes and lotions; hair-care products; and deodorants. The term "fragrance" on a label can indicate the presence of any combination of an array of ingredients, some of which are derived from petrochemicals. Phthalates, a group of chemicals used in plastics such as polyvinyl chloride (PVC) and regularly labeled "fragrance," have been found to accumulate in the body and have been linked to hormone disruption; possible birth defects; infertility; and breast and possible liver cancer. Check labels on "unscented" products carefully; they often still contain synthetic fragrance.

4. SLS AND SLES

Sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES) are common ingredients that cause shampoos, cleansers and toothpastes to foam. They remove oil effectively but can cause dryness and skin irritation. Of greater concern is the manufacturing process used to turn sodium lauryl sulfate into sodium laureth sulfate, which creates the byproduct 1,4-dioxane—a known animal carcinogen and probable human carcinogen that is also suspected to be toxic to the kidneys and respiratory system. Because of these concerns, some manufacturers have replaced SLS and SLES with sodium coco sulfate. Although it hasn't been subjected to as much testing, sodium coco sulfate is less irritating than SLS and doesn't create SLES's cancerous byproduct.

5. PROPYLENE GLYCOL

Commonly used in moisturizers and deodorants as a skin-conditioning agent and in toothpaste to help retain moisture, propylene glycol is a petroleum derivative that may cause allergic reactions, hives and other skin irritation in concentrations as low as 2 percent, according to the EWG. It also enhances skin absorption, which may help other potentially harmful ingredients reach the bloodstream more easily. Look for these synonyms on labels: PPG; 1,2-dihydroxypropane; 2-hydroxypropanol; methylethyl glycol; 1,2-propanediol; and propane-1,2-diol.

6. DEA AND TEA (NITROSAMINES)

Diethanolamine (DEA) and triethanolamine (TEA) are additives used to adjust product pH or act as foaming agents. They can irritate skin and, if used in formulations that also contain certain preservatives, can become nitrosamines as the formula begins to break down. Some nitrosamines are readily absorbed through the skin and repeated exposure may lead to liver and kidney damage. The European Union and Canada have banned the use of nitrosamines in cosmetics, and the EPA classifies them as possible human carcinogens. Because of the common nature of this impurity, almost every type of personal-care product—from baby shampoo to shaving cream—can contain nitrosamines.

7. RETINYL PALMITATE AND RETINOL (VITAMIN A)

Many sunscreens, lip balms, moisturizers and anti-aging products include retinyl palmitate, a form of vitamin A rich in antioxidants and anti-aging properties. Unfortunately, this ingredient may also speed up the development of cancerous skin tumors when exposed to the sun. And according to the EWG, excessive amounts may be toxic to a developing fetus if women are exposed during pregnancy. Avoid retinyl palmitate in daytime skin products, and limit exposure if you are or may become pregnant.



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1. One-Step Cleanser & Toner
This milky two-in-one cleanser and toner won't dry skin, and the phthalate-free citrus fragrance is derived from pure essential oils. 3.4 oz., \$19; weleda.com

2. Organic Coffee Bean & Rosemary Facial Cream
Caffeine Eye Cream
Wake up tired, puffy eyes with anti-inflammatory and antioxidant-rich coffee extracts. A little of this cream goes a long way to reduce fine lines and brighten dark circles. 1 oz., \$19; 100percentpure.com

3. Moroccan Argan with Willow & Rosemary Facial Cream
Formulated for oily to blemish-prone skin, this lightweight moisturizer calms irritated skin and won't clog pores. 2 oz., \$36; pangeaorganics.com



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4. Classic Fair Trade Bar Soaps
Made with organic coconut, palm, olive, hemp and jojoba oils, Dr. Bronner's castile bar soaps are scented with organic essential oils. Unscented Baby Mild formula is great for sensitive skin. 5 oz., \$4; drbronner.com

5. Shea Butter Baby Body Lotion
Handcrafted, unrefined fair-trade shea butter and nourishing aloe moisturize skin without making it feel greasy. This unscented lotion also contains calming lemon balm. 16 oz.; \$10; everydayshea.com

6. Radical Wrinkle Complex
Highly concentrated organic chlorella growth factor and argan stem cells protect and rebuild collagen in this nutrient-rich night cream. 1 oz., \$30; acureorganics.com

7. Exfoliating Walnut & Wood Apple Face Scrub
Fine particles of walnut, wood apple and nutmeg shell gently remove dead skin cells while organic fruit extracts stimulate cell regeneration. 5.07 oz., \$9; himalayausa.com



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BETTER PRODUCTS FOR BEAUTIFUL SKIN

Our skin is our largest organ. It acts as a protective shell and exudes an unmistakable glow when we are healthy. It also absorbs the ingredients—good and bad—found in our personal-care products. This is why it is important to avoid questionable ingredients such as petrochemicals and synthetic preservatives and fragrances, which may dehydrate, irritate and clog the skin, leading to inflammation, breakouts or potentially more serious health problems such as liver and kidney damage, and cancer.

Be especially careful when choosing products to help put your best face forward—especially those that claim to remove wrinkles, blemishes, blotches and scars. These products often contain some of the most potent and harsh chemicals that may damage the top layer of skin and cause severe irritation, burns, swelling and pain. Avoid skin lighteners with hydroquinone and anti-aging products with alpha and beta hydroxy acids (AHA and BHA), lactic acid and glycolic acid, which may increase the risk of skin cancer. Support natural skin regeneration with antioxidant-rich ingredients such as green and black tea, pomegranate, and vitamins C and E.

Instead of relying on harsh chemicals to soothe and moisturize, gently cleanse, feed and nourish your skin with wholesome ingredients. Intense scrubbing and harsh, synthetic chemicals can strip skin of natural oils and make it vulnerable to damage. Use fewer, simpler products; look for natural and organic cleansers and moisturizers made from plant and mineral ingredients. Replenish dry skin with jojoba, olive and almond oils; balance oily skin with witch hazel, aloe and rosemary; and calm sensitive skin with chamomile, calendula and yarrow.

1. Facial Sunscreen SPF 30
Zinc oxide and titanium dioxide provide water-resistant protection from UVA and UVB rays. Green tea extract, lavender essential oil and vitamin E repair existing sun damage. 3.5 oz., \$16; goddessgarden.com

2. SPF 30+ Everyday Sun Protection Lotion
Offers water-resistant UV protection without oxybenzone, a hormone disruptor found in most sunscreens. 1.6 oz., \$14; supergoop.com

3. AquaSport SPF 30+ Reef-safe, biodegradable mineral-based lotion is water-resistant, fragrance-free and nonstinging. 3 oz., \$12; allterrainco.com

4. SPF 34 Unscented Sunscreen
Offers water-resistant protection from UVA and UVB rays using zinc oxide and a base of organic extra virgin olive oil, beeswax, jojoba and cocoa butter. 2.9 oz., \$16; badgerbalm.com



Safer Sunscreens

Most experts agree people should use sunscreens to protect their skin from the sun, but unfortunately many commercial sunscreens contain harmful ingredients. Use the following sun-safety tips, and check out EWG's list of 158 top-rated healthy sunscreens at breakingnews.ewg.org/2011sunscreens/.

- Don't rely on sunscreen alone. Clothing, hats, sunglasses and shade should be your first line of defense. Take extra caution between 10 a.m. and 4 p.m. when the sun's rays are most intense.
- Avoid sunscreens with vitamin A, which may speed up the development of cancer on skin exposed to sunlight. Watch out for "retinyl palmitate" or "retinol" on the label.
- Avoid sunscreens that contain oxybenzone, a synthetic estrogen that penetrates the skin and contaminates the body.
- Skip sunscreens with insect repellent. Sunscreens should be applied liberally and often; commercial insect repellents should not. Read more about safe insect repellents on page 80.
- Opt for creams instead of sprays and powders, which cloud the air with tiny particles of sunscreen that may not be safe to breathe.
- Beware of sunscreens with SPF's higher than 50, which researchers suspect do not provide additional protection and thereby create a false sense of security. The American Academy of Dermatology recommends broad-spectrum sunscreens (which protect against UVA and UVB rays) with an SPF of at least 30. Apply sunscreen generously 30 minutes before going outside and reapply it at least every two hours—more if you're sweating or jumping in and out of the water.
- Look for mineral-based sunscreens with zinc and titanium dioxide listed as active ingredients. Although no ingredient is without some concern, the EWG favors mineral sunscreens because of their superior UVA protection. Read more about mineral versus nonmineral formulas at breakingnews.ewg.org/2011sunscreens/sunscreens-exposed/nanomaterials-and-hormone-disruptors-in-sunscreens/.



1. Jasmine Hair Powder
On days between washing or to refresh stringy bangs, work a bit of this organic, talc-free hair powder through roots to absorb excess oil. Four scents (lavender and clary sage, jasmine, patchouli and amber, and vetiver and black pepper) come in lovely art nouveau packaging. 4 oz., \$30; luluorganicsnyc.com

2. Scalp Rescue Styling Gel
This plant-based styling gel calms frizz, defines curls and provides flexible hold without harsh chemicals. 8.2 oz., \$13; maxgreenalchemistry.com

3. GPB Balancing Shampoo
Soy and milk proteins strengthen and repair weak hair; fruit acids enhance shine; and organic aloe juice and shea butter restore moisture. 11 oz., \$10; aubreyorganics.com

4. Organic Perfect Hold Hair Spray
Free of the petrochemicals, silicone and plasticizing agents found in conventional hairsprays, Intelligent Nutrients' organic spray creates a strong yet flexible hold. 6.7 oz., \$29; intelligentnutrients.com

5. Volumizing Vanilla & Sweet Orange Conditioner
Tahitian Monoi oil smooths hair without weighing it down, leaving it manageable, moisturized and easy to comb through. 12 oz., \$10; hugonaturals.com

6. Bare Unscented Detangler
This fragrance-free conditioner blends 12 organic ingredients (including arnica, calendula and chamomile extracts) to hydrate and protect hair. It works on all hair types and is great for people with fragrance sensitivities. 8 oz., \$15; johnmasters.com

7. Lemon Tea Tree Shampoo
The organic tea tree oil and lemon peel extract in this clarifying shampoo remove excess oil and product buildup without stripping hair of its natural moisture. 8 oz., \$9; desertessence.com

HEALTHY HAIR CARE

When it comes to our hair, many of us go to great lengths to smooth, define, volumize, curl or coax it. And although the products we slather on our scalps may work well, they are often awash with unhealthy synthetic ingredients that should be avoided. Fortunately, naturally luscious shampoos, conditioners and styling aids leave hair shiny, soft and manageable without harsh detergents, petroleum-based softeners and artificial fragrances.

Shampoos with gentle cleansing agents derived from coconut (look for “coco” or “cocyl” on the label) are great alternatives to those with SLS and SLES. Use about a quarter-size dollop and shampoo thoroughly, focusing on the scalp. Add more water rather than product to generate more foam. If you have dandruff, switching to an SLS-free product with tea tree oil or rosemary may help relieve symptoms. And shampooing less often (two to three times a week) can help restore natural oils that tame frizz and produce shine.

Effective ingredients found in natural conditioners include jojoba, shea butter, botanical oils, and soy and rice proteins. These natural ingredients help replenish moisture to dry, damaged hair, but they won't leave it with that ultraslick feeling after rinsing, which comes from silicone, a petroleum-based ingredient found in most conventional formulas. Whereas silicone simply coats hair, natural ingredients penetrate and fortify the hair's cortex with vitamins and proteins. Unlike with conventional conditioners, hair might still feel slightly tangled while wet, but it should be smooth and manageable once dry. Daily brushing helps move oil from roots to ends and condition hair naturally.

Finding natural styling products that perform well can be more challenging, but it's a worthy cause. Common ingredients in conventional hair sprays and gels include alcohol, formaldehyde and other possible carcinogens. Nontoxic options rely on ingredients such as pine resin, aloe vera and natural gums that are inherently sticky but might not give you the megahold needed to tame unruly tresses. Your best bet may be to choose a style and cut that complements your natural hair texture and not try to force your hair to be something it's not.

NATURAL DEODORANT

Raise your hand if you're sure the ingredients in your deodorant are safe. Most major brands include aluminum chlorohydrate or aluminum zirconium, designed to temporarily block the flow of sweat. Some research suggests the skin may absorb these aluminum-based compounds, which may elevate estrogen levels and increase the risk of breast cancer. Talc, a fine powder used for its absorbent, deodorizing qualities, is suspected to be a possible carcinogen. Other ingredients of concern include triclosan, propylene glycol, and synthetic fragrances and preservatives (see “The Ban List,” page 65).

Fortunately, there are safe and effective alternatives. Crystal deodorant stones (see Resources) contain a naturally occurring form of aluminum made up of molecules that are too large to be absorbed by the skin. If you want to eliminate aluminum altogether, seek out natural ingredients that kill odor-causing bacteria and neutralize the smell of sweat instead of trying to stop it—after all, sweat is a necessary part of our bodies' natural cooling process. Some good options include tea tree oil, witch hazel, baking soda, hops, sage and lemon peel.



1. Lemon Tea Tree Deodorant
Desert Essence's deodorants are aluminum- and propylene glycol-free. Some varieties list “natural fragrance,” which is phthalate-free and derived from essential plant oils and extracts. This variety gets its sweet citrus scent from lemon tea tree oil and grapefruit seed extract. 2.5 oz., \$6; desertessence.com

2. Crystal Body Deodorant Stick
Rather than potentially harmful aluminum chlorohydrate or zirconium, Crystal products contain potassium alum or ammonium alum, made up of particles too large to be absorbed by the skin. The Deodorant Stick (shown) can last up to a year. 4.25 oz., \$7; thecrystal.com

3. Soapwalla Deodorant Cream
Soapwalla owner Rachel Winard began making natural personal-care products to help alleviate the painful sensitive skin caused by lupus. Her all-natural, aluminum-free deodorant cream has an easy-to-apply, frosting-like consistency and a wonderful aroma of lavender, peppermint and tea tree. 2 oz., \$12; soapwallakitchen.com

4. Fragrance-Free Super Protection Deodorant
Soothing organic aloe vera juice is the base of this gentle, fragrance-free roll-on deodorant. Baking soda and lichen extract help control odor, and yucca extract offers antibacterial properties. 3 oz., \$10; terressentials.com



BETTER TOOTHPASTE

Have you ever wondered what makes your toothpaste green, sweet and minty-fresh? In addition to petrochemicals and hormone-disrupting chemicals (such as “SLS” and “triclosan;” see “The Ban List” on page 65), many toothpastes and mouthwashes contain artificial sweeteners such as saccharin, which is made with chlorine, ammonia and other noxious chemicals. For naturally delicious alternatives, seek out products that include stevia, xylitol (a naturally derived sugar), or sweet fruit and herb extracts. And steer clear of synthetic dyes. Many are derived from coal tar—a known human carcinogen. Look for the words “colorant,” “blue lake” (or any “lake”), “yellow number 1,” “D&C” and “FD&C” on labels.

You may also want to reconsider fluoride. Long considered a beneficial additive, there is now debate surrounding the safety of fluoride. Although the EWG supports the use of fluoride in toothpaste, their research indicates that Americans—especially children—are being exposed to excessive amounts of fluoride through the fluoridation of public water supplies (read more at ewg.org/fluoride-tap-water-what-you-can-do). Excessive ingestion of fluoride during the early childhood years may cause fluorosis—a defect in the enamel that causes visible discoloration, ranging from white spots to brown and black stains. The American Dental Association recommends choosing fluoride-free toothpaste for children younger than 2 and for kids who might swallow it. Fluoride toothpaste may also cause or aggravate canker sores. If you have a sensitive mouth or prefer a natural alternative, support healthy teeth and gums with ingredients such as tea tree oil, baking soda, neem and myrrh.

1. Powersmile Cinnamon Powermint Mouthwash Sea salts and grapefruit seed extract help maintain healthy gums and reduce tartar buildup in this alcohol- and saccharin-free mouthwash. 16 oz., \$9; jason-natural.com

2. TheraNeem Mouthwash This paraben- and alcohol-free mouthwash uses neem and other herbal extracts to help maintain healthy teeth. 16 oz., \$13; organixsouth.com

3. Tea Tree Oil Mouthwash Free of alcohol and artificial sweeteners, this mouthwash features antiseptic tea tree oil and refreshing spearmint. 8 oz., \$6; desertessence.com

4. Antiplaque Flat Floss This sturdy floss is coated in natural wax and helps remove plaque with propolis and myrrh herbal resins. 32 yards, \$3; tomsofmaine.com

5. Ayurvedic Licorice Toothpaste Free of fluoride and SLS, Auromère's Ayurvedic toothpastes combine tooth-whitening peelu fiber with antiseptic neem. 4.16 oz., \$6; auromere.com

6. Clean & Gentle Fluoride Toothpaste Glycyrrhizin, a gentle ingredient derived from licorice root, creates natural foam in Tom's only formula without SLS. Naturally sourced fluoride helps prevent decay, and peppermint oil and xylitol give it a fresh, sweet taste. 4.7 oz., \$6; tomsofmaine.com

7. Natural “Whitening” Toothpaste Available with or without fluoride, Burt's Bees' toothpastes use sodium cocoyl glutamate instead of SLS and vegetable glycerin instead of propylene glycol. 4 oz., \$5; burtsbees.com

Nontoxic Personal-Care Product Picks

RESOURCES

SKIN CARE

100% Pure
100percentpure.com
natural and organic ingredients; avoid products with vitamin A

Acure Organics
acureorganics.com
fair trade, natural and organic ingredients; portion of proceeds goes to help fight breast cancer

Alaffia
alaffia.com
fair trade ingredients; includes Everyday Shea line

Alba Botanica
albabotanica.com
natural and organic ingredients; some synthetics but no parabens, phthalates or SLS

Avalon Organics
avalonorganics.com
at least 70 percent organic; Skin Deep scores don't reflect new formula

Burt's Bees
burtsbees.com
natural ingredients; some synthetics but no petroleum, SLS or propylene glycol; seek products with low Skin Deep scores

Cocoon Apothecary
cocoonapothecary.com
mostly organic ingredients; products score 0 to 1 on Skin Deep database

Desert Essence
desertessence.com
natural and organic ingredients; “fragrance” from essential oils and extracts

Dr. Bronner's
drbronner.com
organic castile soaps, lip balms and lotion

Dr. Hauschka
drhauschka.com
organic and biodynamic ingredients; “fragrance” from essential oils

Himalaya Herbal Healthcare
himalayausa.com
Botanique line features natural and organic ingredients; “fragrance” from essential oils

Pangea Organics
pangeaorganics.com
non-GMO and organic ingredients

Weleda
weleda.com
organic and biodynamic ingredients; “fragrance” from essential oils

SUNSCREEN
Alba Botanica
albabotanica.com
mineral Natural Very Emollient Fragrance Free and Kids sunscreens

All Terrain
allterrainco.com
mineral lotions effective after 80 minutes in water

Aubrey Organics
aubreyorganics.com
mineral sunscreens

Badger
badgerbalm.com
mineral sunscreens

Beyond Coastal
beyondcoastal.com
Natural Clear mineral sunscreen; nonmineral Active sunscreen oxybenzone-free

Brigit True Organics
brigittrueorganics.com
mineral sunscreens; highest level SPF 20

Caribbean Solutions
caribbean-sol.com
biodegradable mineral sunscreens

Doctor T's Supergoop
supergoop.com
choose oxybenzone-free options

Ecō Logical Skin Care
ecologicalskin.com
mineral sunscreens

Goddess Garden
goddessgarden.com
mineral sunscreens

Kabana Organic Skin Care
kabanaskincare.com
mineral sunscreens

Nature's Gate
natures-gate.com
mineral Sportblock and Kid'sblock sunscreens

HAIR CARE
Acure Organics
acureorganics.com
shampoos, conditioners; fair trade, natural and organic ingredients

Alba Botanica
albabotanica.com
natural and organic ingredients; some synthetics but no parabens, phthalates or SLS

Aubrey Organics
aubreyorganics.com
shampoos, conditioners; natural and organic ingredients

Avalon Organics
avalonorganics.com
shampoos, conditioners; at least 70 percent organic content; Skin Deep scores don't reflect new formulas

Desert Essence
desertessence.com
natural and organic ingredients; “fragrance” from essential oils

Griffin Remedy
griffinremedy.com
shampoos, conditioners; natural ingredients

Hamadi
hamadibeauty.com
shampoos, conditioners, styling aids; organic essential oils

Himalaya Herbal Healthcare
himalayausa.com
Botanique line; “fragrance” from essential oils

Hugo Naturals
hugonaturals.com
shampoos, conditioners, gel; natural ingredients

Intelligent Nutrients
intelligentnutrients.com
shampoos, conditioners, styling aids; natural oils and ingredients

John Masters Organics
johnmasters.com
shampoos, conditioners, styling aids; non-GMO and organic ingredients

LuLu Organics
luluorganicsnyc.com
talc-free hair powders

Max Green Alchemy
maxgreenalchemy.com
plant-based shampoo, conditioner, gels, pastes

Rahua
rahua.com
shampoos and conditioners; natural and organic ingredients

DEODORANT
Aubrey Organics
aubreyorganics.com
aluminum-free

Bubble and Bee Organic
bubbleandbee.com
aluminum-free; sticks USDA-certified

Crystal
thecrystal.com
mineral-salt stones, sticks and roll-on; no aluminum chlorohydrate

Desert Essence
desertessence.com
aluminum-free; no propylene glycol; “fragrance” from essential oils

Lāfes
lafes.com
natural ingredients; no aluminum chlorohydrate

Mill Creek Botanicals
millcreekbotanicals.com
aluminum-free

Pure Hearts & Clean Hands Soap Co.
phcnaturalsoap.com
aluminum-free

Soapwalla
soapwallakitchen.com
aluminum-free cream

Terressentials
terressentials.com
no aluminum chlorohydrate

Tom's of Maine
tomsofmaine.com
aluminum-free; “fragrance” from essential oils; some propylene glycol-free

ORAL CARE
Auromère
auromere.com
fluoride- and SLS-free toothpastes; mouthwash

Burt's Bees
burtsbees.com
fluoride and fluoride-free toothpastes

Desert Essence
desertessence.com
fluoride- and SLS-free toothpastes; mouthwash; tea tree oil dental floss

Jāson
jason-natural.com
fluoride and fluoride-free toothpastes; mouthwash

Peelu
peelu.com
fluoride- and SLS-free toothpastes; mouthwash

Rose of Sharon Acres
roseofsharonacres.com
fluoride- and SLS-free dental soap

TheraNeem
organixsouth.com
fluoride- and SLS-free toothpastes; mouthwash

Tom's of Maine
tomsofmaine.com
fluoride and fluoride-free toothpastes (Clean & Gentle Care contains no SLS); mouthwash; natural-wax dental floss