

Recommendations for Easy Swaps by Beth Greer

- **Replace Makeup and Personal Care Products** with non-toxic ones. I use and highly recommend products from BeautyCounter.com. My favorite go-to items are their Lip Gloss, Sheer Lipstick, Volumizing Mascara and Tint Skin Hydrating Foundation.
- **For Non-Toxic Deodorants**, try [Baking soda](#) (put it in a salt shaker).
- **For Non-Toxic Liquid Soaps**, I like [Dr. Bronner's Castile Liquid Soaps](#) in Almond, Eucalyptus, Tea Tree, Lavender or Peppermint.
- **For Hand Soaps**, a good non-toxic choice I like is [EO Liquid Botanical Hand Soap, French Lavender](#).
- **A Good Non-Toxic Body Wash** I like is [EO Products Soap For Everyone](#) (citrus mint is my favorite)
- **For Toothpaste**, I like [David's Natural Toothpaste, Whitening, Antiplaque, Flouride-Free, SLS-Free with Peppermint Oil](#) or [Eco-Dent Daily Care Baking Powder Toothpowder, Original Mint](#)
- **For a Moisturizer, Makeup Remover or Lubricant**, I like Coconut Oil. I use [Nature's Way Organic Extra Virgin Coconut Oil](#)
- **Witch Hazel is a great non-toxic Astringent**. I like [Thayers Alcohol-Free Rose Petal Witch Hazel Toner with Aloe Vera](#)
- **For Hair Color**, avoid those containing ammonia. Instead, check out [Hair Print](#) for at home use (some salons are starting to use it)
- **Replace Perfumes with Eessential Oils** and look at alohatherapy.net for plant based non-toxic fragrance.

- Refer to [MadeSafe.org](https://www.madesafe.org) and [EWG.org](https://www.ewg.org) for seals of approval.

* Some links in this handout are affiliate links to products I use and highly recommend. This means that I receive a small fee which helps support my website and work.