

My Favorite Clean & Plant-Based Products

When shopping for the cleanest products to use on your body or in your home, I like to also search the product in question on the EWG Healthy Living app! Find it in your App Store. It also lets you scan the barcode of most items.

These products are classified by me as <great= to <good enough.=

A Few Tips:

- Do the best you can rather than stressing over the <perfect= option
- Choose <unscented= in all scenarios possible
- Look for fewer ingredients and preferably those you can identify or pronounce

On the Body

Bar Soap: Crate 61; Bronner's Castile Soap; Griffin Remedy

Shampoo/Conditioner: Bronner's liquid Castile Soap; Love Beauty + Planet; Griffin Remedy

Deodorant: Native; Tom's

Tampons/Period Products: OI (Organic Initiative); Natracare; Honey Pot (non-herbal); Rael; Lola (organic cotton); L; Organyc

^**May also consider** Period underwear (ie Saalt brand)

Lotion: Use plant oils (olive, avocado, jojoba); Honest Company; Handcrafted Organics; Griffin Remedy; I will use Aveeno in a pinch

Toothpaste: hello; Native; XyliWhite; Bronner's; Tom's; Himalaya Botanique; David's

Skin Cleanser: Honest Company; AnnMarie skincare; Griffin Remedy; Dr. Bronner's

Makeup: Honest Company; Araza Beauty; Bare Minerals (blush, eyeshadow, foundation); Burt's Bees mascara; Physician's Formula mascara

In the Home

Dish Soap/Hand Soap: Bronner's Castile Soap; Mrs. Meyers; Griffin Remedy

Multi-Purpose Cleaner: vinegar + water; Bronner's Castile Soap; Mrs.

Meyers

Skin Cleanser: Honest Company; AnnMarie skincare; Griffin Remedy; Dr. Bronner's

Makeup: Honest Company; ArazaBeauty.com; Bare Minerals (blush, eyeshadow, foundation);



Burt's Bees mascara; Physician's Formula mascara

Worthy to Note:

- **Aloe Vera** works wonders for skin blemishes, infections, and irritated skin •
- Soothing burns or irritated skin: **slippery elm tea bag**, brewed and cooled (I like Throat Coat by Traditional Medicinals)— do NOT use on open wounds ○ I have also used this just underneath the eye for a sty/inflamed eyelid