



LIST OF SKIN CARE PRODUCTS TO AVOID

What are you putting on your skin? You decide.
Do some research on these ingredients:

- Urea
- Parabens: butylparaben, ethylparaben, isobutylparaben, isopropylparaben, methylparaben, propylparaben
- Phthalates: di-butyl-phthalate, di-ethylhexyl-phthalate
- Petroleum By-Products: mineral oil, petrolatum, paraffin, dipropylene, glycol, butylene glycol, disodium EDTA, tetrasodium EDTA, trisodium EDTA, polybutene, triclosan, polyethylene
- Propylene Glycol and Polyethylene Glycol (PEG)
- Sodium Laurel/Laureth Sulfate
- Diethanolamine (DEA) and Triethanolamine (TEA)
- Formaldehyde
- Synthetic Fragrances: parfum, vanillyl butyl ether, "fragrance"
- Nanoparticles: cyclomethicone, cyclopentasiloxane, dimethicone
- Copolyol, dimethicone, methicone, phenyl trimethicone, polyquaternium-7,
- disodium EDTA, EDTA, tetrasodium EDTA, trisodium EDTA, silicones.
- BHA/BHT
- Sodium Borate / Boric Acid
- Coal Tar: aminophenol, diaminobenzene, and phenylenediamine.
- Formaldehyde-Releasing Preservatives: DMDM Hydantoin (very common), diazolidinyl urea, imidazolidinyl urea, methenamine, and quaternium-15.
- PEG Compounds: Propylene glycol, polyethylene glycols, or polyoxyethylene
- Mercury: "calomel", "mercurio", "mercurio chloride" or just plain old "mercury"
- Hydroquinone
- Oxybenzone
- Triclosan
- "Fragrance"
- Petroleum distillates
- Siloxanes
- Sodium Lauryl (Laureth) Sulfate
- Toluene
- Retinol, or Retinyl Palmitate/Acetate
- Fungicides

LIST OF INGREDIENTS TO WATCH OUT FOR

What's in Your Food: Research these ingredients found in most packaged foods

- Artificial Flavors
- Enriched Wheat
- Hydrogenated or Fractionated Oils
- Monosodium Glutamate (MSG)
- Sugar
- High Fructose Corn Syrup
- Potassium Benzoate and Sodium Benzoate
- Artificial Coloring
- Acesulfame-K
- Sucralose
- Aspartame
- BHA and BHT
- Propyl Gallate
- Sodium Chloride
- Soy
- Corn
- Potassium Sorbate
- Soy Lecithin
- Polysorbate 80
- Canola oil

What are you using to clean-up your home environment: Research these ingredients found in most cleaning products

- Phthalates
- Perchloroethylene or "PERC"
- Triclosan
- Quarternary Ammonium Compounds, or "QUATS"
- 2-Butoxyethanol
- Ammonia
- Chlorine
- Sodium Hydroxide

ORGANIC VS CONVENTIONAL

When choosing fruits and vegetables, always try to choose what is "in-season". The following list is only a guide when choosing fruits and vegetables. Purchasing directly from a local farmer's market is a great way to talk directly to the farmer about what is "in-season" and about their farming/growing practices.

Support your local farmers by purchasing a CSA (Community Supported Agriculture)

Dirty Dozen

Buy organic, local farm or frozen

- peaches
- apples
- cherries
- bell peppers
- celery
- kale
- lettuce
- grapes
- carrots
- peas
- nectarines
- strawberries

Cleaner

Buy from local farm is best

- onion
- pineapple
- sweet peas
- avocado
- broccoli
- kiwi
- sweet corn
- mango
- asparagus
- cabbage
- eggplant
- papaya
- watermelon
- tomato
- sweet potato

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