

“BEST BETS” LIST OF NON-TOXIC PERSONAL CARE PRODUCTS

Dr. Louisa Williams

This is the name of a list Dr. Louisa Williams has given out for over a decade recommending the best current non-toxic cosmetic and hygiene products. Unfortunately, just buying at the health food store does not ensure that your personal care products are completely non-toxic, although it is a giant leap forward from purchasing them at drugstores, groceries or department stores. However, many cosmetics, shampoos and moisture lotions even at the best health food stores still contain toxic chemical preservatives, or ingredients that were distilled or manufactured with the use of these petroleum solvents.

In the following list the suggested products are from holistic companies endeavoring to use truly natural ingredients. Further, they have been energetically tested on numerous patients for many years as the most inert and clean available. However, when products have an asterisk (*) after them it indicates that they are not entirely chemical-free, but are the best we have available in that particular category at this time. The product(s) in **bold** type at the first of each category are the ones that have performed best on the skin or hair and are therefore the most popular among holistic patients.

Some of these products are readily available at most health food stores. However, many aren't and these need to be ordered by mail. The companies where many of these products need to be mail ordered from are listed in italics just after the product name. A resource list of these recommended companies is included at the end of the “Best Bets” list, with each of the company's phone number and web site.

Deodorant:

Strong: **Real Purity Deodorant** (*Real Purity*) and The Best Deodorant (*Benedetta*)

Mild: Sea Breeze Body Freshener (*Vital Image*)

Crystal rocks, stick or spray (health food stores or order from *F/T, LTD*)

Soap:

Shaving Cream (*Real Purity*)

Liquid or bar soaps (Many health food store brands such as Dr. Bronner's, Seamud, Sappo Hill, Glycerine Crème, Bee and Flower, French Milled, River Soap Company, Suisun Bay, Simmon's Special, Moisturizing Olive Oil and Natural Soap by Adra, etc.)

Shaving Cream:

Shaving Cream (*RealPurity*)

Shaving Miracle (*Vital Image*)

Toothpaste:

Calendula Toothpaste (health food stores or order from *Weleda* – this is mint-free so it is OK for those on a homeopathic remedy)

Doctor Burt's (health food store or order from *Burt's Bees*) Plant Gel or Salt Toothpaste with Baking Soda (health food stores or order from *Weleda*)

Mouthwash:

ProSeed Healthy Gums (health food store or order from *Imhotep*)

IPSAB or Ipsadent (health food store or order from *Heritage Products*)

Shampoo and Crème Rinse:

MiEssence Desert Flower Shampoo and **Shine Herbal Hair Conditioner** (*Annie's Organics*)

All products (*Paul Penders*)

Pure Abundance (*Aveda*) *

Hair Gel:

B-5 Design Gel (health food stores or order from *Aubrey Organics*)

Aloe vera gel (health food stores)

Hair Spray:

None (Mix a little B-5 Design Gel or aloe vera gel with water in a spray bottle. Refrigerate the aloe vera gel mix.)

Hair Color:

Henna (*Logona*)*

Semi-permanent: Full Spectrum Hair Color Deposit Only Color (*Aveda*)*

Aveda Color Conditioners (*Aveda*)*

Facial Cleansing Creams, Moisture Lotions, Masks and Toners:

Hand and Body Lotion (health food store or *Avalon Organics*)

All Products (health food store or *MyChelle Dermaceuticals*)

All products (health food store or *Marie-Veronique*)

All products (*Super Salve*)

All products (*Royal Labs*)

All products (*Eminence Organics*)

All products (*Grateful Body*)

All products (*Vital Image*)

All products (*Paul Penders*)

Apitherapy Goldenrod Honey Facial Masque (*Honey Gardens*)

Chapstick:

Honey House Propolis Salve (*Honey Gardens*)

Suntan Lotion:

Sunblock Lotion (SPF 15) (*Super Salve*)

Jason Sunbrellas Sun Care (Paba-free) (health food store or order from *Jason*)

Real Purity Suntan Lotion (*if no PABA skin sensitivity*) (*Real Purity*)

Fingernail Polish:

None (Use a buffer for a natural shine.)

[Conventional nail polish consists of greater than 50% toluene (known carcinogen), sulfonimide, formaldehyde (known carcinogen) and phthalate (endocrine disruptor) resins. (Kennedy, M. The Green Corner. ND NR, May 2006, p. 17.) Even the formaldehyde-free, toluene-free and phthalate-free alternative brands contain toxic isopropyl alcohol and other synthetic chemicals.]

Perfume and Cologne and Aftershave:

None (Use natural essential oils in moderation for special occasions! Aura Cacia at health food stores is a good product. Essential oils can be diluted with neutral-smelling almond oil.)

MAKE-UP:

Lipstick:

Peacekeeper (health food store or www.iamapeacekeeper.com)

Hemp Organics Hempcolors (health food store or order from *Hemp Organics*)

Un-petroleum Terra Tints (health food store or order from *Unpetroleum*)

Super Salve Lipsticks (*Super Salve*)

Real Purity Lipsticks (*Real Purity*)

Lavera Lipsticks (health food store or order from *Lavera*)

Paul Penders Lipsticks (*Paul Penders*)

Blush-on, Concealer, Base, Eyeliner, Eyeshadow, Mascara and Powder:

Super Salve (*Super Salve*)

Real Purity (*Real Purity*)

Lavera (health food stores or order from *Lavera*) **Paul Penders** (*Paul Penders*)

Body Powder:

Body Powder (health food stores or order from *Jason*)

Herbal Baby Powder (*Super Salve*)

PERSONAL CARE COMPANY SOURCES:

Annie's Organics

www.anniesorganics.mionegroup.com

Aubrey Organics

(800) 282-7394

www.aubrey-organics.com

Avalon Organics

(888) 659-7730

www.avalonorganics.com

Aveda

(800) 328-0849 (You can't order Aveda products by mail, but you can ask for the location of a hair salon near you, as well as one that has been approved to do hair coloring.)

www.aveda.com

Benedetta

www.benedetta.com

Burt's Bees

(919) 998-5200

www.burtsbees.com

Eminence

(888) 747-6342

www.eminenceorganics.com

F/T, LTD.

(800) 829-ROCK

www.thecrystal.com

Grateful Body

(800) 600-6806

www.gratefulbody.com

Hemp Organics

(877) 524-hemp

www.colorganics.com

Heritage Products

(800) 862-2923

www.caycecures.com

Honey Gardens

(802) 985-5852
www.honeygardens.com

Imhotep
(800) 677-8577
www.imhotepinc.com

Jason Natural Cosmetics
(877) JAS-ON01
www.jason-natural.com

Lavera
(877) 528-3727
www.lavera-usa.com

Logona
(828) 252-1420
www.logona.com

Marie-Veronique
(866) 695-6983
www.marieveronique.com

MyChelle Dermaceuticals
(800) 447-2076
www.mychelleusa.com

Paul Penders
www.paulpenders.com

Real Purity
(800) 253-1694 (phone)
www.realpurityTM.com

Royal Labs
(800) 760-7779 (phone)
www.royallabs.com

Super Salve
(505) 539-2768
www.supersalve.com

The Vital Image
(800) 414-4624 (phone)
Amecologic@aol.com

Un-petroleum
(877) 263-9456

www.unpetroleum.com

Weleda

(800) 241-1030

www.weleda.com