



## Marin Naturopathic Medicine

### “BEST BETS” LIST OF NON-TOXIC PERSONAL CARE PRODUCTS Dr. Louisa Williams

This is the name of a list Dr. Williams has given out for over 15 years recommending the best current non-toxic cosmetic and personal hygiene products that *also perform well* on the skin and hair. 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, grocery stores, 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 this list, with each of the company's phone number and web site.

Please Note: For any products that are not listed on the Best Bet's List, please go to the Environmental Working Group's website for further reference ([www.ewg.org/bodyburden/cosmetics](http://www.ewg.org/bodyburden/cosmetics)). However, remember that the Best Bet's List not only includes products that have tested cleanly, but also products that have *performed well* on the skin and hair over time.

#### Deodorant:

Strong: **MiEssence Deodorant** (*Annie's Organics*)

**Real Purity Deodorant** (*Real Purity*)

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

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

#### Soap:

## **Face and Body Wash** (*Vital Image*)

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:

**One Drop Only Dental Soap** (*Rupam's Apothecary*)

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

**MiEssence Anise Toothpaste** (*Annie's Organics*)

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:

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*)

**Surya Brasil** (health food stores or *Surya Brasil*)

**John Masters Shampoo & Crème Rinse** (health food stores or *John Masters Organics*)

All products (*Paul Penders*)

Mangrove Foaming Shampoo & Hair Conditioner (*Keys*)

Pure Abundance (*Aveda*) \*

## Hair Gel:

**MiEssence Shape Hair Styling Gel** (*Annie's Organics*)

**Shine On** (health food stores or *John Masters Organics*)

**John Masters Styling Gel or Hair Texturizer** (health food stores or *John Masters Organics*)

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

## Hair Spray:

None (Mix a little of one of the hair gels above with water in a spray bottle.)

Hair Color:

**Surya Brasil Henna** (health food stores or *Surya Brasil*)\*

**Light Mountain or Light Mountain Color the Gray Henna** (health food store or *Light Mountain*)\*

Sunglitz Crème Lightening System (*Farouk* – must be applied by professional hair stylist)\*

Aveda Color Conditioners (*Aveda*)\*

Facial Cleansing Creams, Moisture Lotions, Masks and Toners:

**Pure Organic Shea Butter** (health food store or *Organic Essence*)

**All Products** (*EvanHealy*)

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

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

**All products** (*Super Salve*)

**All products** (*Royal Labs*)

**All products** (*Eminence Organics*)

**All products** (*Grateful Body*)

**All products** (*Vital Image*)

All products (*Paul Penders*)

Radiance Day Cream (health food store or *Burt's Bees*)

Apitherapy Goldenrod Honey Facial Masque (*Honey Gardens*)

Chapstick:

**John Masters Organics Lip Calm** (health food stores or *John Masters Organics*)

**Honey House Propolis Salve** (*Honey Gardens*)

Suntan Lotion:

**Reflect Outdoor Balm** (*Annie's Organics*)

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*)

**Pure Organic Shea Butter** – has a mild 5 to 6 SPF for light sun protection (health food store or *Organic Essence*)

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](http://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:

**MiEssence Mineral Blush Powder and Mascara** (*Annie's Organics*)

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

**Super Salve** (*Super Salve*)

**Real Purity** (*Real Purity*)

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](http://www.anniesorganics.mionegroup.com)

### **Aubrey Organics**

(800) 282-7394

[www.aubrey-organics.com](http://www.aubrey-organics.com)

### **Avalon Organics**

(888) 659-7730

[www.avalonorganics.com](http://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](http://www.aveda.com)

### **Burt's Bees**

(919) 998-5200

[www.burtsbees.com](http://www.burtsbees.com)

### **Eminence**

(888) 747-6342

[www.eminenceorganics.com](http://www.eminenceorganics.com)

### **EvanHealy**

(858) 513-7559

[www.evanhealy.com](http://www.evanhealy.com)

### **F/T, LTD.**

(800) 829-ROCK

[www.thecrystal.com](http://www.thecrystal.com)

### **Farouk**

(800) 237-9175

[www.farouk.com](http://www.farouk.com)

**Grateful Body**

(800) 600-6806

[www.gratefulbody.com](http://www.gratefulbody.com)

**Hemp Organics**

(877) 524-hemp

[www.colorganics.com](http://www.colorganics.com)

**Heritage Products**

(800) 862-2923

[www.caycecures.com](http://www.caycecures.com)

**Honey Gardens**

(802) 985-5852

[www.honeygardens.com](http://www.honeygardens.com)

**Jason Natural Cosmetics**

(877) JAS-ON01

[www.jason-natural.com](http://www.jason-natural.com)

**John Masters Organics**

(800) 599-2450

[www.johnmasters.com](http://www.johnmasters.com)

**Keys**

(877) 878-4082

[www.keys-soap.com](http://www.keys-soap.com)

**Lavera**

(877) 528-3727

[www.lavera-usa.com](http://www.lavera-usa.com)

**Light Mountain Hair Color (Henna)**

(262) 889-8561

[www.light-mountain-hair-color.com](http://www.light-mountain-hair-color.com)

**Marin Naturopathic Medicine**

(415) 460-1968 (Dr. Williams stocks some of these products)

[www.marinnaturopathicmedicine.com](http://www.marinnaturopathicmedicine.com)

**MyChelle Dermaceuticals**

(800) 447-2076

[www.mychelleusa.com](http://www.mychelleusa.com)

**Organic Essence**

(707) 465-8955

[www.orgess.com](http://www.orgess.com)

**Peacekeeper Cause-Metics**

(866) PEACE36

[www.iamapeacekeeper.com](http://www.iamapeacekeeper.com)

**Paul Penders**

[www.paulpenders.com](http://www.paulpenders.com)

**Real Purity**

(800) 253-1694

[www.realpurityTM.com](http://www.realpurityTM.com)

**Royal Labs**

(800) 760-7779

[www.royallabs.com](http://www.royallabs.com)

**Rupam's Apothecary**

[www.rupamherbals.com](http://www.rupamherbals.com)

**Super Salve**

(505) 539-2768

[www.supersalve.com](http://www.supersalve.com)

**Surya Brasil**

(877) 997-8792

[www.suryabrasil.com](http://www.suryabrasil.com)

**The Vital Image**

(800) 414-4624

[Amecologic@aol.com](mailto:Amecologic@aol.com)

**Un-petroleum**

(877) 263-9456

[www.unpetroleum.com](http://www.unpetroleum.com)

**Weleda**

(800) 241-1030

[www.weleda.com](http://www.weleda.com)