

# RECOMMENDED PERSONAL CARE ITEMS

WHEN SHOPPING FOR GOOD PERSONAL CARE PRODUCTS, LOOK AT THE INGREDIENTS ALWAYS, THE **LESS INGREDIENTS** THERE ARE **THE BETTER**.

## \* INGREDIENTS SHOULD INCLUDE:

- NATURAL
- PLANT-BASED
- MINERAL-BASED

## \* INGREDIENTS TO LOOK OUT FOR:

- PARFUM/PERFUME
- PARABENS
- FORMALDEHYDE
- PHTHALATES
- SULFATES

## \* OTHER INGREDIENTS TO LOOK OUT FOR: QUATERNIUM-15, DMDM HYDANTOIN, IMIDAZOLIDINYL UREA, DIAZOLIDINYL UREA, POLYOXYMETHYLENE UREA, SODIUM HYDROXYMETHYLGLYCINATE, BROMOPOL AND GLYOXAL

LOOK FOR: SUSTAINABLE PACKAGING, 3<sup>RD</sup> PARTY TESTING, FAIR LABOR, & CRULETY FREE

## \* NATURAL PERSONAL CARE BRANDS (ALL CANADIAN)

3 SHIPS (SKINCARE)

[HTTPS://WWW.THREESHIPSBEAUTY.CA/](https://www.threeshipsbeauty.ca/)

PROSE (HAIRCARE & SKINCARE)

[HTTPS://PROSE.COM/](https://prose.com/)

BATHORIUM (BATH PRODUCTS)

[HTTPS://WWW.BATHORIUM.COM/](https://www.bathorium.com/)

BKIND (SKINCARE, HAIRCARE & BODYCARE)

[HTTPS://BKIND.COM/](https://bkind.com/)

BIRCHBABE (SKINECARE, MAKE-UP, BODYCARE, HAIRCARE)

[HTTPS://BIRCHBABE.COM/](https://birchbabe.com/)

## \* **NON-TOXIC MENSTRUAL PRODUCTS**

**NIXIT**

[HTTPS://NIXIT.CA/](https://nixit.ca/)

**GETONLY**

[HTTPS://GETONLY.CA/](https://getonly.ca/)

## \* **TIPS FOR SHOPPING PERSONAL & HOUSEHOLD**

STAY AWAY FROM STORES LIKE BATH & BODY WORKS, IT SCREAMS HORMONE DISRUPTION AND OVERALL HEALTH PROBLEMS. THE AIM IS TO LOOK FOR CLEAN INGREDIENTS WITH NATURAL SCENTS.

I SUGGEST GOING TO STORES LIKE WINNERS, HOMESENSE, HEALTHY PLANET(ONLINE HAS BETTER DEALS), AMBROSIA & BULK BARN FOR GOOD DEALS AND AFFORDABILITY

## \* **NON-TOXIC KITCHEN BRANDS**

**PLANTISH (HOUSEHOLD, SKINCARE, BODYCARE)**

[HTTPS://PLANTISHFUTURE.COM/](https://plantishfuture.com/)

**ELVAS ALL NATURALS (HOUSEHOLD, SKINCARE, BODYCARE)**

[HTTPS://ELVASALLNATURALS.COM/](https://elvasallnaturals.com/)

## **NON-TOXIC SWAPS FOR THE KITCHEN**

<b>PARCHMENT PAPER</b>	<b>—————&gt;</b>	<b>UNBLEACHED PARCHMENT PAPER</b>
<b>PLASTIC CONTAINERS</b>	<b>—————&gt;</b>	<b>GLASS CONTAINERS</b>
<b>BLENDER/FOOD PROCESSOR</b>	<b>—————&gt;</b>	<b>GLASS/ STAINLESS STEEL</b>
<b>UTENSILS</b>	<b>—————&gt;</b>	<b>WOOD, BAMBOO, STAINLESS STEEL</b>
<b>COOKWARE</b>	<b>—————&gt;</b>	<b>CERAMIC, STAINLESS STEEL, CAST IRON, CARBON STEEL COOKWARE</b>
<b>CHOPPING BOARDS</b>	<b>—————&gt;</b>	<b>BAMBOO, WOOD, STAINLESS STEEL</b>