

# Heal Your Hormones

## Skin Care + Makeup BEST Choices

The products we choose for our skin care are SO important!

You'll want to check ALL your skin care products here on EWG's website [Skin Deep here](#). If your product is not listed, check all ingredients. If it's greater than a "3" do not use.

Here are THREE Skin Care Resources:

1. Top 10 WORST Beauty Ingredients
2. Safer Cosmetics
3. Skin Care Guide: Glowing Skin After 40

Here are some additional products that come highly recommended but PLEASE check them out for toxicity BEFORE purchasing as ingredients sometimes change.

FAVORITE Skin Care Products:

*Emerson Apothecary* (Lindsay's company!)

<https://emersonapothecary.com/>

Cleansing Balm

Toner

Moisturizer

I LOVE these products and use them almost exclusively - this is a brand new line.

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## *Annmarie Skin Care*

I love these products! You can check them out here:

<https://www.annmariegianni.com/robinnielsen-shop>

## *Wild Carrot Herbals*

Lovely products from lotions to Hemorrhoid Salve

<https://www.wildcarrotherbals.com/>

## *Iris & Romeo*

Lip Color & 5-in-1 Skin Tint with Sunscreen

[Click here to learn more](#)

## *Olio-E-Osso*

Lip Color

Hand cream

Color Balms

Skin Oils

[Click here to learn more](#)

## *Ilia Beauty*

Lip Color

Face: bronzers, concealers, foundations

Eye...and more!

[Click here to learn more](#)