

# *Safer Cosmetics*

for Hormone Balance



*Natural  Hormone Solution*

## SAFER COSMETICS

Have you ever truly thought about what those long hard to pronounce words are on the bottles of all of your favorite cosmetics? Did you just assume that because it was on store shelves it was safe for you to use?

Unfortunately, so many cosmetics that we use today have no real restrictions on the ingredients that are used and how it may affect our health and safety.

According to the Huffington Post the average woman uses 515 different synthetic chemicals daily. The average woman also ingests up to 25 lbs of these toxic chemicals found in cosmetics every year.

With our skin being our largest organ, 60% of anything that is applied to our skin can be absorbed into our bloodstream within 26 seconds.

With these alarming statistics making better beauty choices are essential for women struggling with hormone imbalance. Reducing your toxic load will help improve symptoms of PCOS by reducing extra stress of detoxification.

Once I picked my jaw up off the floor from these unbelievable statistics I headed right to the better beauty website to refresh my make-up bag. Unfortunately, the statistics weren't the only thing that had my jaw hung low. When I saw my total in my shopping cart I was determined to find a better way!

With my EWG (Environmental Working Group) app downloaded on my phone I began to search for beauty products that would make the cut that I could pick up at my local Target. EWG is powered by the website [skin-deep.org](http://skin-deep.org) for all things beauty.

EWG rates ingredients based on toxicity and gives them a grade 1-10. Its best to use products in the 1-2 range. If products aren't listed on the site you can easily enter your products ingredient list and get a good idea where your cosmetics land on the scale.

We have put together some of our favorite, safer, cosmetics you can grab on your next Target run. Your body and your wallet will thank you! All of these cosmetics get a 1-2 rating on EWG and get a huge thumbs up from your bank account!

## SAFER COSMETICS LIST

- **Oil Cleanser** - S.W. Basics Rosewater & Tea Tree Oil Facial Cleansers is made up of 3 ingredients and is perfect for removing the day.
- **Cream Cleanser** - Botanics Organic Softening Facial Cleanser is a great option for skin that needs a bit more nourishment.
- **Gel Cleanser** - Acure Brightening Cleansing Gel is super concentrated so a little goes a long way. This gel leaves your skin squeaky clean as many of Acure products get a good rating with EWG.
- **Toner** - Cocokind Organic Rosewater Facial Toner is perfect for sensitive skin. The entire line of cooking skin care are simple, safe, affordable products.
- **Moisturizer** - Acure Radically Rejuvenating Day Cream Facial Moisturizer rejuvenates and energizes skin while offering zinc oxide SPF protection. This moisturizer rates a 1 on EWG.
- **Primer** - e.l.f. Mineral Infused Face Primer sets your skin just right for your favorite foundation. This primer is ranked a 2 on EWG and is only \$6.00.
- **Foundation** - W3LL PEOPLE Narcissist Foundation Stick is an EWG verified product. The entire line of W3ll People cosmetics offer safer options in all categories.
- **Setting Powder** - Honest Beauty Invisible Blurring Loose Powder is perfect for setting your foundation and is ranked a 1 with EWG.
- **Bronzer** - W3LL People Bio Bronzer Baked Powder Natural Tan is one of the pricier items on our list but is well worth it. This little bronzer will last quite a while and gives the perfect summer glow.
- **Blush** - Burt's Bees 100% Natural Blush with Vitamin E comes in 3 different shades and ranks a 1 with EWG.
- **Eyeshadow** - Wet n Wild Color Icon 10-Pan Eyeshadow Palette in Nude Awakening is a steal for just under \$6! This pallet ranks a 2 with EWG.
- **Eye liner** - W3ll People does it again with one of the best non toxic eye liners on the market.
- **Mascara** - Burt's Bees 100% Natural Nourishing Mascara in classic black is one of the cleaner mascara choices on the market and with a price point under 10 bucks it can't be beat!
- **Lipsticks** - Milani Color Statement Lipstick offers 19 shades that rank a 1 or 2 with EWG. Use the app to check to see if your perfect color is a safer choice.

Now that you are armed with this list of safer cosmetic options you can easily make the switch to help further your healing. Being able to look and feel you best is so important for women. Making just a few changes in your makeup bag can help you heal while still feeling gorgeous as ever!