

# Low-tox cleaning & personal care

Making the switch to natural cleaning and body care products can have a profound impact on your health, home environment, and the planet.

## Benefits include:

<p><b>Reduced Exposure to Harmful Chemicals</b></p> <ul style="list-style-type: none"> <li>✓ Avoids Toxic Ingredients – Conventional products often contain parabens, phthalates, synthetic fragrances, and sulfates, which may disrupt hormones, irritate the skin, or contribute to toxin buildup.</li> <li>✓ Less Skin &amp; Respiratory Irritation – Natural alternatives use gentle, plant-based ingredients that are less likely to cause allergic reactions, asthma flare-ups, or skin sensitivity.</li> </ul>	<p><b>Supports Detoxification &amp; Overall Health</b></p> <ul style="list-style-type: none"> <li>✓ Reduces Chemical Absorption – The skin absorbs what we apply to it, and reducing exposure to harsh chemicals lessens the burden on the liver and detox pathways.</li> <li>✓ Improves Indoor Air Quality – Many conventional cleaning sprays and air fresheners release volatile organic compounds (VOCs), which can contribute to headaches, dizziness, and long-term health concerns.</li> </ul>
<p><b>More Environmentally Friendly</b></p> <ul style="list-style-type: none"> <li>✓ Biodegradable Ingredients – Natural products break down safely in water systems, reducing pollution and harm to aquatic life.</li> <li>✓ Sustainable &amp; Ethical Sourcing – Many natural brands use eco-friendly packaging, cruelty-free formulas, and ethically sourced ingredients, making them a better choice for the planet.</li> </ul>	<p><b>Gentle Yet Effective Cleaning &amp; Personal Care</b></p> <ul style="list-style-type: none"> <li>✓ Plant-Based Cleaners Work Just as Well – Ingredients like vinegar, baking soda, and essential oils can be just as effective as chemical-laden cleaners.</li> <li>✓ Natural Body Care Nourishes the Skin – Products with botanical extracts, cold-pressed oils, and essential oils hydrate and protect without harsh additives.</li> </ul>

## Ingredients to Look For & Avoid in Natural Products

### Safe & Natural

### Avoid

<p><b>skin care</b></p> <ul style="list-style-type: none"> <li>✓ Aloe Vera – Soothes and hydrates skin</li> <li>✓ Shea Butter &amp; Cocoa Butter – Moisturizing</li> <li>✓ Coconut Oil &amp; Jojoba Oil – Nourishing and antimicrobial</li> <li>✓ Essential Oils – Natural fragrance and antibacterial properties</li> <li>✓ Castile Soap (Olive Oil-Based Soap) – Gentle &amp; biodegradable cleanser</li> <li>✓ Witch Hazel – Natural toner &amp; astringent</li> <li>✓ Clay (Kaolin, Bentonite, etc.) – Detoxifies and absorbs impurities</li> <li>✓ Hyaluronic Acid (Plant-Based Source) – Hydrates &amp; plumps skin</li> <li>✓ Vitamin E – Antioxidant that protects skin</li> </ul>	<ul style="list-style-type: none"> <li>✗ Parabens (Methylparaben, Propylparaben, etc.) – Linked to hormone disruption</li> <li>✗ Phthalates – Found in synthetic fragrances; may impact hormones</li> <li>✗ Sodium Lauryl Sulfate (SLS) &amp; Sodium Laureth Sulfate (SLES) – Harsh foaming agents that can irritate skin and eyes</li> <li>✗ Artificial Fragrances &amp; Perfumes – Can trigger allergies and contain hidden chemicals</li> <li>✗ Triclosan – Antibacterial agent linked to hormone disruption</li> <li>✗ Formaldehyde &amp; Formaldehyde-Releasing Preservatives – Potential carcinogen</li> <li>✗ Petroleum-Based Ingredients (Mineral Oil, Paraffin, Petrolatum) – Can clog pores</li> </ul>
<p><b>Cleaning</b></p> <ul style="list-style-type: none"> <li>✓ White Vinegar – Natural disinfectant and deodorizer</li> <li>✓ Baking Soda – Removes odors and acts as a gentle abrasive</li> <li>✓ Lemon Juice – Antimicrobial and helps cut grease</li> <li>✓ Castile Soap – Plant-based, multi-purpose cleaner</li> <li>✓ Hydrogen Peroxide – Kills bacteria and whitens naturally</li> <li>✓ Essential Oils (Tea Tree, Lemon, Peppermint, etc.) – Antibacterial and fresh-smelling</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ammonia – Harsh on lungs and skin</li> <li>✗ Chlorine Bleach – Irritating and creates toxic fumes</li> <li>✗ Triclosan &amp; Other Antibacterial Agents – Can contribute to antibiotic resistance</li> <li>✗ Artificial Dyes &amp; Fragrances – Can trigger respiratory issues and allergies</li> <li>✗ Phosphates – Harmful to aquatic ecosystems</li> </ul>

