



# Toxin Free Guide

FOR THE WHOLE FAMILY

The following pages contain my recommendations for toxin free products that perform! This guide is a *labor of love* as I have spent years searching for products that worked for me and my family! **Be sure to click on the items for a direct link to a product** (*some of which include a discount!*) Happy Detoxing :)

<3 Brook

# Face



## CLEANSER/TONER/SERUM

- [Gentle Facial Bar](#)
- [Charcoal Facial Bar](#)
- [Clarilight Facial Essence](#)
- [Vitamin C Serum](#)
- [Goldenlight Facial Serum](#)
- [Powerlight Eye Cream](#)

## FACIAL SPF

- [Sunlight SPF](#)
- [Raspberry Seed Oil](#)

## AM/PM MOISTURIZER

- [Daylight Facial Moisturizer](#)
- [Daylight Advanced Moisturizer](#)
- [Nightlight Facial Cream](#)
- [Nightlight Advanced Cream](#)

## MAKEUP REMOVER

- [I am the Balm](#)
- [Original Makeup Eraser Cloth](#)
- Organic Oils ([coconut](#), [jojoba](#), [argan](#))

## FACE MASK

- DIY [Bentonite Clay](#), [ACV](#), and [Activated Charcoal](#)
- [Skinfoodie by AB](#) (on Etsy)
- [Primally Pure](#)

## BLEMISH TREATMENT

- [Tea Tree Oil](#) (properly diluted)
- [Lue Clear Spot Treatment](#)

## FACIAL SCRUB

- [I Am Polished Exfoliator](#)

## PRIMER + FOUNDATION

- [Smart Primer](#)
- [Flawless Foundation](#)

## BRONZER + HIGHLIGHTER

- [Solarise Bronzer](#)
- [Luminescence Highlighter](#)

## CONCEALER

- [My Alibi Concealer](#)

## EYES

- [Eyeshadow](#)
- [Eyeliners Pencil](#)
- [Shattered Mascara](#)
- [Eyebrow Pencil](#)

## BLUSH

- [Cheekmate Blush](#)

## LIPS: GLOSS/ LIPSTICK/ BALMS

- [Lipgloss](#)
- [Lip Crayon](#)
- [Badger's Organic Lip Balm](#)
- [Dr. Bronner's Chapstick](#)
- [Beauty By Earth Lip Balm](#)

## SETTING POWDER

- [Translucent Finishing Powder](#)

# Body



## DEODORANT

- Primally Pure
- Milk + Honey
- Earth Mama
- Earthley
- Beauty by Earth
- Little Seed Farm
- Pretty Frank
- Rustic Maka
- Cleo + Coco
- PiperWai
- Truvani Unscented

## ARMPIT DETOX

- Bentonite Clay + ACV

## BODY WASH

- Charcoal Body Bar
- Attitude Living Shower Gel
- Aleavia
- Poofy Organics
- Dr. Bronner's

## BODY LOTION / OIL

- Earth Mama Lotion + Oil
- Attitude Living
- Primally Pure Oil
- Earthley Body Butter
- Earthley Magnesium Lotion

## BODY SUNSCREEN

- Crunchi Body SPF
- Badger Broad Spectrum
- Thinkbaby/Thinksport
- Earthley Sun Shield
- All Good Sport Sunscreen
- Raw Elements Sunscreen
- Babo Botanicals

## AFTER SUN

- Smart Primer (for face)
- Earthley Sun Soothe
- Babo Botanicals After Sun
- Beauty by Earth Aloe
- Aloe Vera (directly from plant)

## SUNLESS TANNER

- Chocolate Sun
- Beauty by Earth

## NAIL POLISH

- Dazzle Dry
- Ella + Mila
- Karma

## NAIL POLISH REMOVER

- Karma
- Poofy Organics

# Body



## ORAL CARE

- David's Natural Toothpaste
- Lumineux
- Risewell
- Dr. Bronner's Toothpaste
- Dr. Brite Toothpaste
- Boka

## TEETH WHITENING

- Organic Coconut Oil Pulling
- Activated Charcoal + Baking Soda
- Dr. Brite Whitening Pen
- Lumineux Whitening Strips

## BUG SPRAY

- Mambino Organics
- Primally Pure
- Greenerway Organics
- Badger
- Murphy's
- Hello Bello

## PERFUME

- Skylar
- Ambre Essence

## ORGANIC UNDERWEAR

- Pact
- Knickey

## HAND SANITIZER

- Dr. Bronner's
- Earthley
- Dr. Brite

## FEMININE CARE

- Silicone Menstrual Cup
- Lola
- HoneyPot
- Rael
- The Honest Company
- Flo

## BATH BOMBS/SALTS

- Primally Pure Bath Soak
- Beauty by Earth
- Etsy Homemade Bombs (be sure to READ the ingredients!)

## RAZOR

- Albatross Safety Razor
- Leaf Razor

## SHAVING CREAM

- Charcoal Body Bar
- Dr. Bronner's Shaving Soap

# Hair



## SHAMPOO/CONDITIONER

- Evolvh (all products)
- Under Luna
- Acure
- Attitude
- Innersense
- Carina Organics
- Earthley (bar)
- Hi bar (bar)
- Ethique (bar)
- Moon Valley (bar)

## HAIR COLOR/DYE

- Hairprint
- All Nutrient
- oVertone
- Khadi Beauty

## HAIRSPRAY

- Evolvh
- Carina Organics
- Nature's Brand
- Innersense

## DRY SHAMPOO

- Crunchi's Setting Powder
- Acure Dry Shampoo
- Earthley
- Hair Dance
- Innersense
- Primally Pure
- Beauty by Earth
- Fat and The Moon
- Just Ingredients

## VOLUMIZERS

- Innersense Foam
- Evolvh Volumizing Mousse
- Tribal Chimp Styling Powder

## DETANGLER

- Evolvh Leave In Conditioner

## HEAT PROTECTANT

- JVN Hair

## SCALP SERUM

- Divi
- Under Luna

# Home



## LAUNDRY DETERGENT

- Truly Free (use BROOKA30)
- Molly Suds
- Better Life
- Branch Basics
- Buckaroo Organics
- Thrive Market Laundry Detergent

## DRYER SHEETS

- Wool Dryer Balls
- Truly Free Dryer Angel

## DISH SOAP

- Truly Free Dish Soap
- Branch Basics
- Eco Me
- Thrive Market

## DISHWASHER

- Truly Free (use BROOKA30)
- Better Life Gel
- Mama Suds
- Thrive Market Powder
- Eco Me Fragrance Free

## ROOM/FABRIC FRESHENER

- Grow Fragrance
- Diffusing Essential Oils

## CLEANING SUPPLIES

- Truly Free (use BROOKA30)
- Force of Nature
- Dr. Bronner's Castile Soap
- Steamer w/ Vinegar & Baking Soda
- Branch Basics
- DIY Recipes

## SPOT CLEANER

- Truly Free Stain Stick
- Truly Free Odor/Stain Remover
- Pure Haven Master Blaster
- Baking Soda + Hydrogen Peroxide

## HAND SOAP

- Moon Valley Organics
- Kosmatology Foaming Soap
- Puracy Hand Soap
- Poofy Organics (Concentrate)
- Branch Basics (Concentrate)
- DIY Dr. Bronner's Castile Soap, Essential Oils & Distilled Water

# Kiddos



## DIAPERS

- Cloth Diapers (We ❤️ Alva + Nora Nursery)
- Thrive Market
- Bambo Nature

## WIPES

- Honest Company
- Thrive Market
- Kinder by Nature
- Eco by Naty
- Millie Moon

## DIAPER CREAM

- Primally Pure Baby Balm
- Organic Fractionated Coconut Oil
- Earth Mama Organics
- Poofy Organics
- Dr. Bronner's Baby Balm

## PACIFIERS

- Eco Pacifier
- Natusutten
- Bibs Natural Rubber

## BODY WASH

- Earth Mama Organics
- Attitude
- Poofy Organics

## OIL/SERUM/LOTION

- Primally Pure Baby Oil
- Fractionated Coconut Oil
- Earth Mama Organics
- Earthley Good Night Lotion
- Poofy Organics Sleep Lotion

## BUBBLE BATH

- Poofy Organics Sleepy Sleep Bubble Bath
- Carina Organics Bubble Bath
- Attitude Bubble Bath

## POWDER

- Primally Pure Baby Powder

## TOOTHPASTE

- Coral Toothpaste
- Risewell
- Weleda Children's Tooth Gel

# Kiddos



## **BOTTLE/WATER BOTTLE**

- Life Factory Glass bottles
- Hevea Glass Bottles- natural rubber top
- Boon Silicone Bottles
- Pura Straw Water Bottle
- Hydroflask Straw Water Bottle

## **BREASTMILK STORAGE**

- Nullie BPA Free Bags
- Mini Glass Mason Jars
- ZipTop Silicone Storage Bags
- Playtex Baby Nurser Reusable Silicone Pods

## **CAR SEATS**

- Uppababy Mesa (Jordan)
- Nuna Rava
- Nuna Pipa Lite Infant (Fog)
- FILO (Convertible, mammoth, Clek)

## **SHEETS + BLANKETS**

- Burt's Bees
- Pact
- Ettitude Organic Bamboo
- Pottery Barn Organic
- Monica + Andy
- Organic Cotton Muslin Swaddles

## **TEETHING HELP**

- Amber Teething Necklace
- Earthley Teeth Tamer Tincture
- Copaiba Essential Oil
- Hylands Teething Tablets
- Boiron Camilia Teething
- Breastmilk Popsicles

## **TOYS/TEETHERS**

- LouLou
- Lovevery
- Finn and Emma
- Hevea
- Hape
- My Green Toys
- Under the Nile

## **PJS**

- Hanna Andersson
- Owlivia
- L'ovedbaby
- Pact
- Colored Organics
- Burt's Bees

## **CRIB MATTRESS**

- Avocado Green Organic
- Naturepedic
- Green Cradle



# Maternity



## BELLY BUTTER

- [Earth Mama Belly Butter](#)
- [Crunchi Nightlight](#)
- [Earthley's Belly Butter](#)
- [GLOW Pure + Organic Belly Butter](#)

## PERINEUM

- [Earth Mama Herbal Spray](#)
- [Motherlove Sitz Bath Spray](#)
- [Frida Mom Upside-down Peri Bottle](#)
- [Honey Pot Postpartum Herbal Pads](#)
- [Frida Mom Instant Ice Maxi Pads](#)
- Homemade "padcicles" - organic pads with with witch hazel, lavender, and aloe -> put in freezer
- [Afterbirth Sitz Bath Tea Blend](#)
- [Sitz Bath Pan](#)

## PADS

- Rael Organic Cotton Pads
- Cora Overnight Pads
- Natracare

## NIPPLE CREAM / BREAST CARE

- [Earth Mama Nipple Butter](#)
- [Motherlove Nipple Cream](#)
- [Haaka Silicone Pump](#)
- [Silverettes](#) (Nursing Cups)
- [Mama Milk Boost Tincture](#)

## OTHER

- [Good Night Sleep Lotion](#)
- [Pregnancy Pillow](#) (for sleep)
- [Postpartum Balance Tincture](#)

# Supplements



## **PRENATALS**

- Nordic Naturals Prenatal
- Megafood Baby & Me
- Zahler
- Thorne
- Full Circle / Full Well Prenatal
- Mannatech Catalyst
- Innate Baby & Me
- Seeking Health Optimal
- Organic Olivia Natal Nourish

## **PROTEIN POWDERS**

- Promix
- Just Ingredients

## **FEVERS**

- Earthley's Feel Better Fast
- Peppermint Essential Oil (on feet)

## **FIRST AID**

- Active Skin Repair

## **IMMUNE SUPPORT**

- Earthley's Elderberry
- 

## **HORMONE SUPPORT**

- Earthley's Feel Better Fast
- Peppermint Essential Oil (on feet)

## **HAIR / SKIN / NAILS**

- Active Skin Repair

# Wellness



## **SAUNA**

- Clearlight Infrared Sauna

## **ICE POD**

- XXX