



Healthy Lifestyle

Dr. Bardell Approved Products: Beauty, Body, Home.*

Beauty Supplements: BioImmersion

No 7 Systemic Booster: The New Longevity. Nourishing body, mind, and soul.

High ORAC Synbiotic: The most powerful antioxidant on the market. 40,000 units of ORAC to calm inflammation, key to anti-aging.

Weight – Less: One of our favorites for energy and weight management.

Cranberry Pomegranate Synbiotic: Who is not bloated in the face, eyes, and body - every so often? Take 4 to start the process.

Chlorella: Beauty must have a great detox tool.

Skincare and personal grooming (effective, natural & organic):

Vered Botanicals (Smart, beautiful, effective. Organic ingredients that are deeply nourishing. Remarkable sophisticated and sensual scents): <http://www.veredbotanicals.com>

Environ (Excellent for troubled skin, sun damaged, or mature skin, known for natural retinols, cleansers, serums and body products. No fragrance): Gudrun Covert, Aesthetician and Environ Expert, at Park Salon & Spa (206-354-4400): <https://www.environskincare.com>

Dr. Sebagh: (World-renowned doctor and surgeon. One of the first companies to remove parabens): Find at Barney's. Chisu Kim is a Dr. Sebagh expert at Barney's Beverly Hills (310-210-3298). Known for the best vitamin C, rose oil, serums, primer & SPF): <https://www.barneys.com/designer/dr-sebagh/beauty/N-1bqrsckZtdt7px>

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Agent Nateur (Natural deodorants and oils. Beautiful oils for face and body): <https://www.agentnateur.com>

In Fiore (Old world beautiful for face and body. Jasmine scents and a new co-venture that led to a development of a Japanese line): <https://www.infiore.net>

Dr. Hauschka (Biodynamic farmed herbs and plants, one of the first of its kind. Excellent for a teenager who needs to start with a natural skincare): https://www.dr.hauschka.com/en_US/

Weleda (Excellent for the whole family): <https://www.weleda.com>

May Lindstrom Skin (Known for cleaners & masks): <https://www.maylindstrom.com>

Pai Skin care (Sensitive skin): <https://www.paiskincare.us>

Tata Harper (Cleansers and scrubs for young skin): <https://www.tataharperskincare.com>

Kypris (Great sunscreen/primer): <https://kyprisbeauty.com>

MV Organic Skincare (sensitive skin): <https://www.mvskincare.com>

Aba Love (Aromatherapy, beautifully made for women of color): <https://www.abaloveapothecary.com>

Dr. Barbara Sturm (New line, no perfume and good natural ingredients. Darker skin tone products. Find in department stores, as well as a boutique in NYC <https://www.molecular-cosmetics.com>

Omorovicza (Hungarian line, known for their mud cleansers). Available in most department stores and <https://www.omorovicza.com/us/>

Biologique Recherche (A large spa line with excellent masks, known for their P50 exfoliator): <http://www.biologique-recherche.com/us-en/home.php>

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Eve Lom (Cleansers, retinol & SPF): Find in department stores or <https://www.evelom.com>

Tom Ford (Streamlined, using many natural ingredients). Find in department stores.

Natural Makeup:

Westman Atelier: <https://www.westman-atelier.com>
(found at Barney's too):
<https://www.barneys.com/designer/westman-atelier/N-11etc62>

Dr. Hauschka: https://www.dr.hauschka.com/en_US/

RMS Beauty: <https://www.rmsbeauty.com>

Kjaer Weis: <https://kjaerweis.com>

ILIA Beauty: <https://iliabeauty.com>

Vapor Beauty: <https://vapourbeauty.com>

Jane Iredale: <https://janeiredale.com>

Makeup (With natural ingredients):

Serge Lutens Beauty: French line, one of the most expensive yet elegant product line. Mr. Lutens is a 'makeup guru' to makeup artists and is known worldwide for his unique and mostly natural perfumes. The cream foundations do have perfume. Available from Barney and Serge Lutens website.

Tom Ford: American line, beautiful. Some products have perfume. Available in many department stores and Tom Ford website.

Sisley Paris: French line, one of the first plant extract and healthy ingredients lines. Available in many department stores and Sisley's



website. They are removing many chemicals and perfumes from most of their line.

Hair Care:

John Masters Organic: <https://johnmasters.com>

Josh Rosebrook: <https://joshrosebrook.com>

Rahua: <https://rahua.com>

Yarok: <https://yarokhair.com>

Real Purity:
<https://www.realpurity.com/catalogsearch/result/?q=shampoo>

Leonor Greyl: <https://www.leonorgreyl-usa.com>

Avalon Organics:
<https://www.avalonorganics.com/en/products/hair-care/>

Oribe (Very fragranced): department stores and hair salon.

For more ideas on women of color organic hair care: [Bustle](#)

Dental Care:

Dr. Bronner's All-One Toothpaste:
<https://shop.drbronner.com/toothpaste>

My magic mud: Charcoal Teeth whitening toothpaste:
<https://mymagicmud.com/whitening-toothpaste>

Weleda (all formulas): <https://www.weleda.com>

Weleda Children's Tooth Gel

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Davids Natural Toothpaste (both peppermint & peppermint + charcoal): <https://davids-usa.com>

Tom's of Maine (Propolis & Myrrh, or Antiplaque & Whitening, fennel. Fluoride-Free): <https://www.tomsomaine.com/products/oral-care>

Miessence Toothpaste (kids and adults):
<https://miessence.one.organic/shop/en/category/9/oral>

Sensodyne (for sensitive teeth, both have some chemicals, Complete Protection, and Extra Whitening toothpastes): find in stores.

Home Cleaning Products:

Seventh Generation (general home cleaning & laundry): [Find](#)

Dr. Bronner's Sal Suds biodegradable product:
<https://shop.drbronner.com/sal-suds-biodegradable-cleaner>

Dr. Bronner's Pure Castile Soap (can be used for body & home):
<https://shop.drbronner.com/pure-castile-liquid-soap#scent=Peppermint>

Ecover (general cleaning of home & laundry): <https://us.ecover.com>

Biokleen & Biokleen Bac-Out Stain Remover:
<https://biokleenhome.com>

Mrs. Meyer's (general cleaning of home & laundry):
<https://www.mrsmeyers.com>
Bon Ami: <https://www.bonami.com>

Citra Solv Multi-Purpose Spray: <https://www.citrasolv.com/citrasolv-multipurpose-cleaner-degreaser-product/>

Branch Basics Concentrate: <https://branchbasics.com>



Truce Wood Cleaner (wood floors, wood furniture & windowsills):
<https://www.truceclean.com/products/wood-cleaner-deep-clean-natural-sls-free-nontoxic>

Earthworm Pet and Odor Eliminator:
http://www.earthwormproducts.com/earthworm_pet_stain.html

Resources:

For more education: "Ultimate Home Detox Guide" \$97:
<https://learn.getgreenbewell.com/ultimate-home-detox-guide>

*Although the products on the list are considered green or clean, you may still react, so proceed testing with caution, using small patch of skin. Product lines may change their ingredients without notice, recheck the label.