

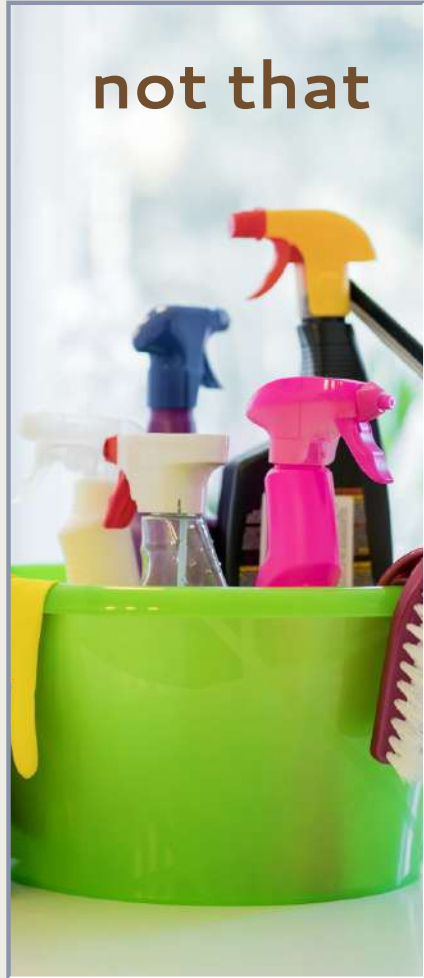
Natural Living Guide

Stop buying Toxic!

this



not that





quick note

The process of switching from conventional to clean comes with a learning curve, but don't worry, I've got you covered. I've been researching and experimenting with clean products for the last 20 years and have vetted all the best clean (and when possible sustainable) brands on the market.

These swaps will save you the time and frustration it takes to find products you'll love.

The easiest way to accomplish a "clean" lifestyle is to wait until you run out of an item, then replace it with the clean swap. Unless you are eliminating toxins due to illness, in which case you may want to go cold turkey and make the investment by donating your old conventional products and replace with cleaner options.

I'm excited to share my favorites with you and look forward to hearing how much you love them!

Rebecca
xoxo

table of contents



01

Beauty Products and Personal Hygiene

02

Home goods

03

Cleaning Products

04

Food and Supplements

05

Lifestyle

06

Other



Beauty & Hygiene



oil cleanser



\$ – Kari Gran Cleansing Oil will break up dirt and makeup while gently purifying your skin. Comforting for even the most sensitive skin. Clean, cruelty free, vegan.

\$ – Agent Nateur emulsifies dirt, makeup, and grime. gently purifies and smooths for skin that emits a healthy glow. Bonus—it comes with a soft muslin cloth for delicate removal.

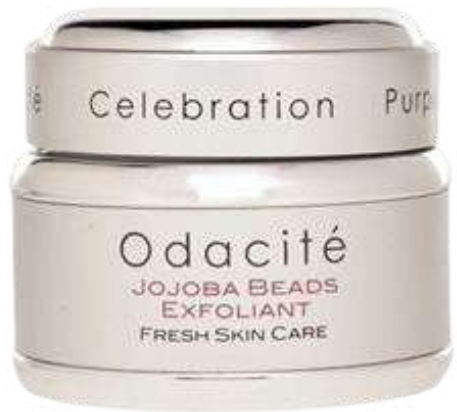
cleanser



\$ – [Naked Poppy's Refresh](#) is an invigorating gel cleanser. The uplifting foam purifies skin, removing impurities without harming the skin barrier. Works for all skin types but is especially ideal for oilier skin.

\$\$ – [Osea Ocean Cleanser](#) balances skin and sloughs off dull cells without stripping. Regular use reveals a fresh, glowing complexion. Especially suited for normal and combination skin types.

exfoliant



\$ – [Orgaid Honey Crystal Face Polish](#) will sweeten your skin into shape! This organic face polish is powered by crystallized honey that dissolves seamlessly during exfoliation to nourish the skin with its natural healing and hydrating properties. Finely-milled brown rice gently buff away dead skin cells, while a cocktail of organic oils soften and moisturize. (Best score on EWG!)

\$\$ – [Odacité Jojoba Beads Exfoliant](#) renews and minimizes the appearance of pores. Remove dead skin cells, to better prepare your skin to absorb skincare products. Great for all skin types including aging, acne-prone, dry, mature, oily, and combination skin. Made from 100% pure and biodegradable natural Jojoba wax, which have no sharp edges.

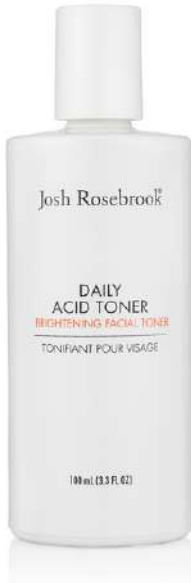
masks



\$ – [Kahina Lava Cleansing Mask](#)
is a natural cleansing mask that draws out impurities and purifies skin without stripping your complexion of natural oils.

\$\$ – [The Kypris Cerulean Mask](#)
is a double-duty gel mask that intensely hydrates and soothes stressed-out skin with potent sea botanicals—upping suppleness and glow.

toner



\$ – [Josh Rosebrook Daily Acid Toner](#) promotes a visibly refined, bright, and hydrated complexion. The unique blend clarifies and exfoliates, while imparting a lively glow. Leaving skin feeling supple, never stripped.

\$\$ – [Indie Lee CoQ10 toner](#) is a unique facial spray that tones, hydrates, and balances all skin types with a blend of complexion-boosting actives including hyaluronic acid and sage.

facial serum



\$ – [Quandong Green Boosting Serum](#) by Ere Perez is a rejuvenating – like a green smoothie for your skin, restoring elasticity and glow with an antioxidant–dense blend of chlorophyll, spinach leaf, raspberry seed and more.

\$\$ – [Kypris Antioxidan Dew Facial Serum](#) is a luxurious and intensely hydrating serum that quenches thirsty skin and supercharges it with antioxidants—for more youthful–looking skin now and later.

moisturizer



\$ – [CV Skinlabs Calming Moisture](#) calms redness and deeply hydrates while repairing chronically dry and flushed skin to a healthy glow. Designed for all sensitive skin types, making it ideal for soothing skin irritated from microdermabrasion, laser treatments, retinol use, chemical peels, excess sun exposure or chemotherapy.

\$\$ – [Indie Lee Daily Skin Nutrition](#) moisturizer works for all skin types that simultaneously hydrates, protects, and repairs with a special blend including hyaluronic acid, squalane, vitamin C, and rosehip seed oil.

luxe moisturizer



\$ – [Odacite Beautiful Day Moisturizer](#) is a velvety moisturizer that's lightweight yet ultra-nourishing, softening, and balancing on the spot while infusing skin with protective antioxidants.

\$\$ – [Puff of Love](#) is an unbelievably decadently rich yet lightweight moisturizer that nourishes all skin types on the spot, leaving your complexion baby-soft and radiant.

facial oil

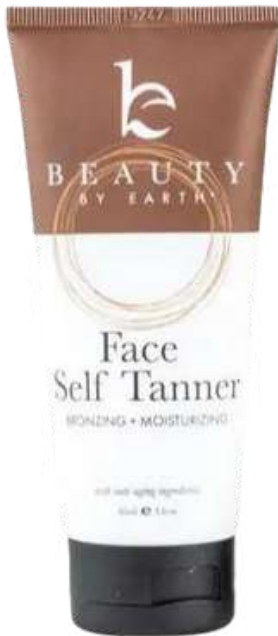


\$ – [Indie Lee Squalane Facial Oil](#) is a unique fast-absorbing facial oil packed with olive-derived squalane to boost skin's moisture levels without clogging pores.

\$\$ – [The Good Oil](#) is for all skin types and is perfect for using gua sha stone or just an every day moisturizing oil. Short of treating it to a high-end spa, this gorgeous organic face oil is the best way to pamper your skin! Wonderful light scent (like a Thai garden in springtime)

facial self-tanner

eyelash & brow growth serum



[Beauty by Earth Face Self Tanner](#) to give your face that sun kissed glow without the damage. Vegan, cruelty-free and natural – build your tan one layer at a time to get your ideal level of bronze without any of those nasty streaks, blotches, or dark spots.

[Plume eyelash and brow growth serum](#) promotes longevity and fullness of brow and lash follicles. Enhance your natural gift. Harness the power of nature to brighten and highlight your eyes without need for false lashes!

primer



\$ – [The Organic Skin Co Primer](#)
is a creamy facial primer that can be worn alone to instantly enhance skin or under foundation to make any formula go on more evenly and stay put for longer.

\$\$ – [Illuminating Eye Serum and Primer by Kypris](#) – A luxurious formulation-forward eye serum packed with highly potent and nourishing ingredients designed to smooth, brighten, protect, and prep your eye area all in one.

foundation



\$ – [RMS beauty full coverage foundation](#) for picture perfect flawless skin. A nourishing, full coverage cream foundation with a radiant, dewy finish. In a cool-toned medium honey.

\$\$ – [The Organic Skin Co Face Tint](#) offers light to medium coverage with a velvety soft finish. Blurs imperfections and tames redness. So nourishing it's almost like a treatment for your skin.

cream blush



\$ – [River Organics Blush Stick](#) is an easy to use soft and creamy blush which contains organic plant oils that are gentle on skin and won't clog pores such as Sunflower, Safflower and Jojoba oils– hydrating and soft on all skin types. **coupon code TOM15**

\$\$ – [Carrot Colour Pot by Ere Perez](#) – oh yeah! This is a sweet, cheery, multitasking, cushiony balm for cheeks and lips that delivers a pop of color with carrot-derived pigments. In a dusty pink shade.

powder blush



\$ – [Lily Lolo's satiny.pressed powder blush](#) absolutely gives cheeks a believable, matte flush of color that doesn't budge. In a seven perfect colors to match your skin tone.

mascara



\$ – [Lily Lolo Vegan Mascara](#) –
vegan mascara amps up length
and volume in seconds.
Boasting long-lasting wear and
rich color payoff, the blend is
ultra-gentle and suitable for
even the most sensitive of eyes.

[River Organics ZERO WASTE
mascara](#) may take a bit of getting
used to, but if you're a diehard zero
waste fanatic, it's the best option out
there! Clean, sustainable, and
absolutely the best for our
environment. **coupon code TOM15**

eyeliner



\$ – [Naked Poppy Liquid Eyeliner](#) A melt-proof and fade-proof liquid black eyeliner with a felt tip that traces seamlessly and precisely.

\$\$ – [Clean Line Gel Liner by Ilia](#) has all the benefits of gel liner—saturated pigment, long-lasting wear, crisp definition—with the ease and control of a pencil. Plus it's water resistant and has a smooth, creamy application that sets and stays put.

eyeshadow



\$ – [Lily Lolo Eye Palette Pedal to the Medal](#) Stunning 8-shade pressed eyeshadow palette filled with surprisingly foolproof metallics and mattes that provide ultra-flattering, endless looks for night and day.

\$\$ – [Vapour Eyeshadow Quad Labyrinth](#) perfect for everyone – A 4-shade pressed eyeshadow palette filled with captivating metallics in velvety matte and shimmer finishes.

toothpaste



\$ – Boka I have a quarterly subscription to automatically send me toothpaste and toothbrushes by Boka. (We all have a tongue scraper!) They were recommended to me by Ask the Dentist –Dr. B is the trusted source for dentistry.

\$\$ – Davids toothpaste in a recyclable tube with a key for getting out every last bit of toothpaste. Fresh mint flavor leaves your mouth feeling remarkably clean. Coconut charcoal and baking soda help reduce build-up and polish every last tooth for a sparkling smile.

sustainable raw vegan hair care



[Morrocco Method shampoo bar](#) is handcrafted to leave your hair moisturized and shiny, no matter what your hair type. Ingredient list is so clean, you have to see it to believe it. Plus, no plastic packaging in the shower! (Zero Waste!)

COUPON CODE: ORGANICMOM

[Morrocco Method Citrus Silk Conditioner Bar](#) detangles the most unruly hair and adds luster and shine. Contains cocoa butter to hydrate and nourish the hair shaft and Shea butter to heal and soften the scalp. Clean and sustainable!

COUPON CODE: ORGANICMOM

liquid hair care



Exfoliating scalp shampoo

crafted with a unique blend of Japanese binchotan charcoal and plant-derived exfoliators to effectively detox and balance. Spearmint, peppermint, and tea tree oils help ease itchiness and aggravation, while coconut oil locks in deep moisture.

Briogeo Deep Conditioning Mask

packed with massive amounts of nutrients and hydration to return hair to its natural vibrancy. Dry, brittle, over-processed hair will be rejuvenated as it quickly works to reverse damage, adding shine and strength to each hair.

sunscreen



[Larkly Mineral Powder Face Sunscreen](#) (and I use it on my décolletage as well because it is easy to reapply and isn't greasy– complete protection in one convenient, on-the-go application. Using natural sunblock ingredients, zinc oxide and titanium dioxide, + includes 3 antioxidants including resveratrol, green tea, and licorice root extracts, which help protect the skin from environmental damage.



[All Good Sport Sunscreen SPF 30](#) covers broad spectrum UVA/UVB protection and water-resistant plus it is reef friendly, light weight, non-greasy and will hydrate and repair your skin. 80 minute water resistant, and uses only non-nano zinc.

spray & stick sunscreen



Coola Classic Body Organic Sunscreen Spray SPF 50 is

fragrance free and perfect for long active days. Light enough for everyday use – sheer, water- and sweat-resistant and absorbs fast with no greasy feel. Reef friendly and broad spectrum UVA/UVB.

100% Pure Everywhere Sun Stick with SPF 30 is safe and

gentle for all skin types, all over body and face, including baby's delicate skin. Plus it has no fragrance, is non-comedogenic and will not clog pores.

intimate products



Curious Plant Based Lubricant

includes many potent medicinal plants that rejuvenate, nourish, and support intimate tissues while improving sexual pleasure – formulated to promote a balanced pH, which plays a vital role in overall vaginal health.

shaving



\$ – [Ursa Major Stellar Shave Cream](#) is a nourishing, concentrated, non-lathering shave cream that actively nourishes the skin. Our Ursa Major Stellar Shave Cream Soothes & hydrates for a close, comfortable nick-free shave.

[Olio E Osso Shave Oil](#) a nutrient dense, yet light oil, that is formulated to help protect even the most sensitive parts of skin from razor nicks and ingrown hairs, leaving it soft, smooth and revitalized. Gluten Free + Vegan.

Home Goods



organic waterproof mattress protector



\$ – [Organic Waterproof Mattress Protector](#) Give your mattress the much-needed nourishing layer of protection with a GOTS certified organic cotton mattress protector. Ideal for those with allergies to dust mites, mold, and mildew as it prevents allergens, pet dander, and dust mites from accumulating in the mattress, yet has superior breathability, maximum comfort, and flexibility and is a long-term investment in the quality of sleep and overall health.

sheets



100% Organic Cotton Sheets

made with combed cotton, hypoallergenic, a perfect blend of beauty, durability and comfort, made using no pesticides and carcinogenic chemicals.

Nolah Bamboo Sheets are made of 100% Viscose from Bamboo are incredibly soft, light and lush. Are cooler than cotton has a hand feel equivalent to twice the thread count of cotton and is considered a more sustainable crop.

bedding



[Nolah Comforter](#) to be used with a Duvet Cover. Down is the perfect addition to any bedding experience. Especially when it's responsibly sourced and is wrapped in our 100% organic certified cotton shell.

[Banded Duvet Cover](#) made with luxurious and natural fibers, is lightweight and breathable and gets softer each time you wash it. Fair Trade Cotton, GOTS certified, comes in a few different colors but nice minimal design.

bedding - pillows



[Organic Down Pillows](#) will give you a flufftacular nights sleep. Down is the perfect addition to your bedding experience. Especially when it's responsibly sourced and is wrapped in a 100% organic certified cotton shell. Choose the right firmness for your sleep position.

[Merino Wool Filled Pillow](#) with Cotton case is free of harmful chemicals, toxins and synthetics. Dust mites cannot survive in wool because wool allows evaporation of the moisture it has wicked away from the body.

temperature control



[ChiliPAD](#) sleep system is a hydroponic mattress pad temperature adjustable secret to good sleep! It is comprised of a reversible hydro-powered mattress pad, thermal regulating control unit and a remote making it perfect for one or two sleepers! Utilizes water to operate between 55–115°F (13–46°C), helping encourage quality, restorative sleep.

Perfect for pregnant mama's, couples with different sleep temperature preferences, hot flashes, and even PTSD (cooler temperatures help encourage REM sleep)

kitchen cookware



[Stainless Steel Cookware](#) to replace the old toxic teflon. They're designed with technology that allows for healthy vapor cooking, which heats food faster and at lower temps, locks in flavor and nutrients and eliminates the need for added oils or fats.

[Xtrema Stock Pot](#) comes with a high-gloss, scratch-proof finish. However, in addition the pure ceramic design, this unique pot comes with flared easy-grip handles making the use of this pot seamless. Natural materials don't leach lead, cadmium, or other toxic metals.

cleaning



laundry detergent



[Dropps laundry detergent](#) uses natural plant-based enzymes to help you take on everything from sweat to coffee stains. (I prefer unscented) Fragrance-Free • Dye-Free • Phosphate-Free • Pthalate-Free • Paraben-Free • Optical Brightener-Free • Never Tested On Animals

[Dropps Fabric Softener](#) is made with natural minerals to add softness without a sticky residue. For clothes that get better with age and towels so soft you'll be jumping out of the shower.

Kitchen



[Dropps also makes a dishwasher detergent](#) that is clean and sustainable. This triple-action dishwashing detergent uses natural minerals to rinse away baked-on food and stains, no pre-wash needed. Glasses so sparkly and dishes so clean you can eat off them. Literally.

Food & Supplements



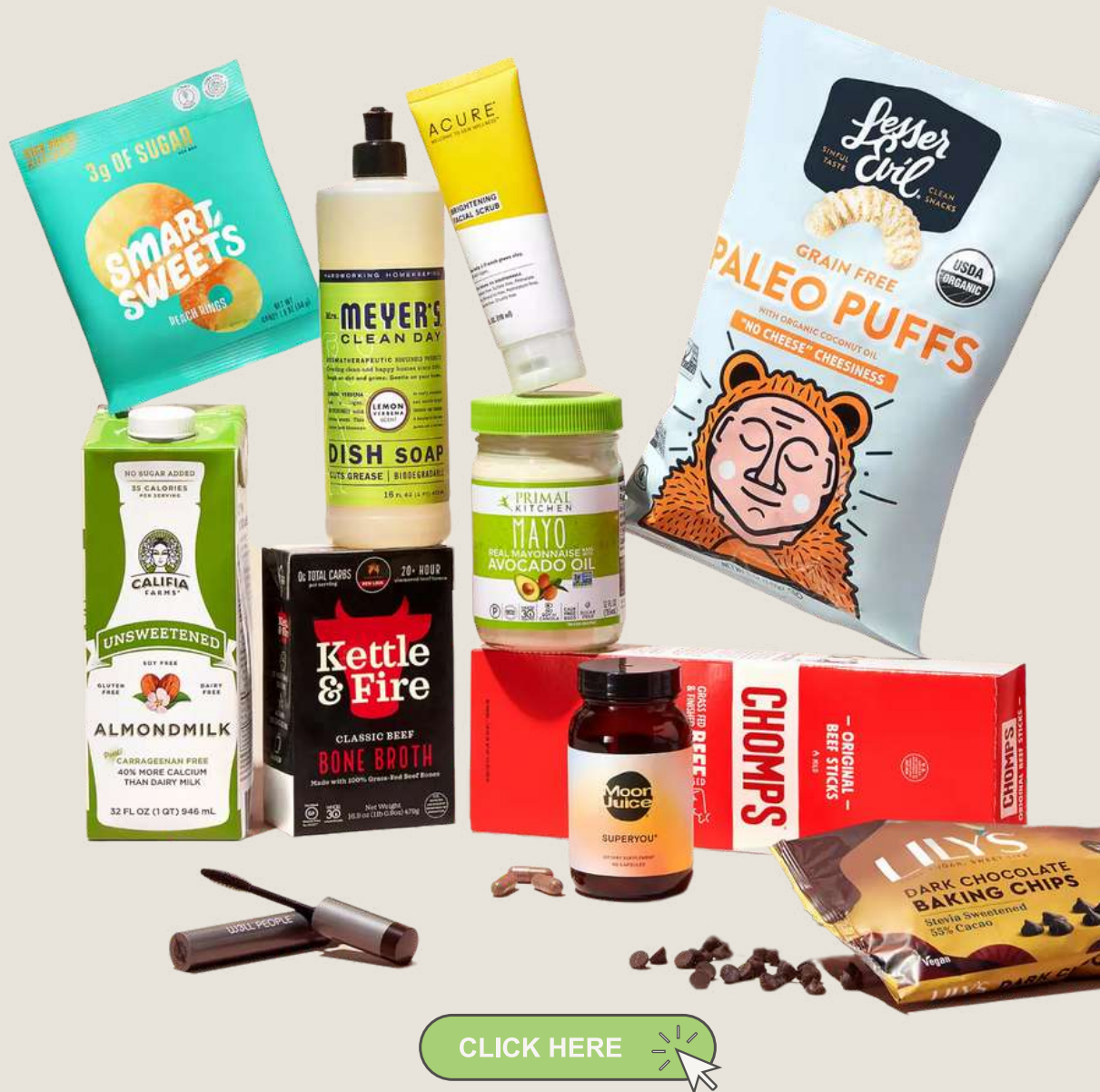
coffee



[Purity Organic Coffee](#) Fresh-roasted, specialty grade, antioxidant-rich, medium roast organic whole bean coffee delivered fresh to your door. Clean, delicious, healthy organic coffee – low acid and tested to ensure free of mold and mycotoxins. (I use "flow" and "protect")

[Oolong Tea](#) A light, floral oolong tea blend that has been beautifully accented with fragrant rose petals. This rose oolong tea imparts a subtle melange of sweet, floral flavors grounded by smooth, savory notes and a long finish.

Shop Thrive Market





[Earthing Mat](#) and Pillow Cover Kit to keep you grounded
use coupon code TOM to save!

Read more about earthing [here](#).

Lifestyle



smart phone case



[Pela Compostable Phone Case](#) is the only choice for the eco conscious consumer! Beautifully designed and eco-friendly, & the world's first truly sustainable phone case. Durable enough to protect your phone from drops and scratches and are also 100% compostable!

[Ethos Radiation Protection](#) goes inside your phone case to reduce radiation and protects you by redirecting up to 80% of Electromagnetic field coming from your cell phone. Pairs with your Pela Case to redirect harmful radiation away from your phone, to reduce radiation, not reception.

A close-up, high-resolution photograph of several pink roses. The petals are layered and detailed, with some showing a gradient from light pink to a deeper rose color. The background is a dense field of these roses, creating a soft, romantic texture.

”
|
Nothing looks as good as
being healthy feels.
|
“

www.thatorganicmom.com

I'm confident you can live healthier for longer. You can do more than survive, you can thrive and lead an active meaningful life well beyond the average. What you put in your body is important, of course, but what you put ON your body counts too.

Research clearly links chronic disease to toxins such as those in cleaning supplies and chemicals found in every day products. That's why I've obsessively sought after the best green beauty products. I wanted to feel safe and confident in the choices I made for my family.

You can take control and learn how to identify potentially harmful ingredients and protect yourself and your family from the long-term effects. So instead of worrying about a product's safety, you can take satisfaction in finding new ways to support your wellbeing! Contact me at rebecca@thatorganicmom.com



Cleaning



Orange Cleaner

ZERO WASTE

I've been making this orange peel cleaner for many years. Here's how you can do it.

1. Fill a jar with the peels: Get a jar and fill it with leftover orange peels.
2. Add distilled white vinegar: Pour in enough vinegar to cover the orange peels and put a lid on the jar.
3. Let sit: Let the solution sit in a cool, dark place for about two weeks.
4. Strain: Strain out the orange peels to toss, make sure to keep the liquid!
5. Mix the concentration of orange peel liquid in a spray bottle with an equal amount of water. The pour into a spray bottle and use just like you would use a plain vinegar spray to clean stove, counters and more (not marble or granite!).

