



Beauty and Hygiene Product Recommendations

PRODUCT CATEGORY:

WHERE TO FIND:

SUNSCREEN

Aveeno Oil-Free*	Discount or drug retail stores
Clarins Oil-Free Sun Care Spray SPF 15*	Department stores
Coppertone Oil-Free Sun Block Lotion for Faces SPF 30*	Discount or drug retail store
Coppertone Oil-Free Sun Block Lotion*	Discount or drug retail store
Ocean Potion Sport Extreme Sun Block Water & Sweat*	Discount or drug retail store
Oil-Free Sport Extreme Sun Block*	Discount or drug retail store
Peter Thomas Roth Ultra Lite Oil-Free*	Spas, retail stores, internet
Zia Oil-Free SPF 15*	Health food stores, internet

TOOTHPASTE

Baking Soda	Grocery stores
Spry	Health food stores, internet
Tom's of Maine	Discount or drug retail stores

COSMETICS

Youngevity Mineral Makeup	Youngevity Distributor
<i>Powders HIGHLY recommended</i>	

DEODORANTS

Baking Soda	Grocery stores
Crystalux Crystal Deodorant	Health food stores, internet
Crystal Deodorant Stick	Health food stores, internet
Thai Deodorant Stick*	Health food stores, internet

SKIN / LIP MOISTURIZERS

Aloe Vera 100% Gel	Discount or drug retail stores
Baby Oil (basically mineral oil)	Discount or grocery stores
Coconut Oil* (Cold pressed, not expeller pressed)	Discount or drug retail stores
Corn Huskers Lotion*	Discount or grocery stores
Kiss My Face Oil-Free Moisturizer*	Specialty store chain

Pay the most attention to products that have oil and are rubbed into and quickly absorbed by the skin, such as lotion, liquid foundations, antibiotic creams (e.g. Neosporin, diaper rash ointments). Keep in mind that some of the products listed here are chosen more for better health benefits than for weight loss (e.g. Chrystal deodorant).

***These products are debatable.** Some participants think these are acceptable: others disagree strongly - use sparingly and note on your chart to determine if these slow your weight loss. It is highly advisable to continue to note use of these products through your entire round because you may appear to be losing fine for the first 7 to 10 days and then stall out because of products. Good loss in the first 7 to 10 days is NOT an indicator that these products are not affecting your weight loss.

