

## Makeup, Lotions and Personal Care Products

First, you can use most any loose mineral powders, however, they still should be checked to make sure they do not contain oils. The following are popular brands that sell an oil free line of products: Bare Essentials, Raw Minerals, Lorac and Make Up For Ever.

While it is not required to change all personal care items, we strongly suggest that for the fastest fat loss along with the highest overall success, changing personal care items will ensure maximum results.

When selecting a product that is best for you it is imperative to educate yourself and read the labels. You **DO NOT** want to use any products that contain **OILS, PARABENS, GLYCERIN, GLYCOLS, SULFATES, COLORS, PHOSPHATES, PESTICIDES, GLUTEN or EXCIPIENTS**. *The product should also be hypoallergenic.*

In addition, while the approved products will be used by many with no issue, some individuals will still find that a number of the items listed will interfere with their fat loss. If that is the case, it confirms that the individual is extremely sensitive. The additional ingredients that these individuals should use with caution while in fat burning are the following: **LANOLIN, PETROLATUM, PETROLEUM JELLY, PROPYLENE GLYCOL, BEES WAX, CARMEX and MINERAL OIL**. *We advise these ingredients be discontinued for these sensitive individuals throughout the duration of the program.*

## Approved Personal Care Product List

### Mouthwash:

Apple Cider Vinegar (swish in mouth thoroughly)

### Moisturizer:

Tate's Conditioner

doTERRA Hand and Body Lotion

St. Ives Elements Mineral

Alba Botanica Hawaiian Skin Care

Kiehl's Sodium PCA/Yerba Mate Lotion

### Toothpaste:

doTERRA OnGuard Toothpaste

Tom's Toothpaste

Arm and Hammer Teeth Whitening

Spry Toothpaste

Baking Soda or a baking soda based product

**Lip Balm:**

doTERRA Lip Balm

**Hair:**

doTERRA Shampoo

doTERRA Conditioner

Tate's Shampoo

Tate's Conditioner

Surface Hair Products

***\*DO NOT USE ANY LEAVE IN CONDITIONERS WHILE ON PROGRAM\****

**Body Lotion:**

doTERRA Hand and Body Lotion

Tate's Conditioner

Pure Aloe Vera Gel

**Facial Wash:**

doTERRA Veriage Face Wash

doTERRA Moisturizing Bath Bar

Tate's Shampoo

Witch Hazel

**Blemishes:**

doTERRA Essential Oil: Lavender, Melaleuca, Frankincense

**Makeup Remover:**

Witch Hazel

**Soap:**

doTERRA Moisturizing Bath Bar

doTERRA Body Wash

Tate's Shampoo (Can also be used as a face soap)

**Deodorant:**

doTERRA Natural Deodorant