

Face

Makeup

≈ [Crunchi](#)

Moisturizer

≈ [Crunchi Daylight](#)

Daily Facial SPF

≈ [Crunchi Sunlight](#)

Night Cream

≈ [Crunchi Nightlight](#)

Eye Cream

≈ [Crunchi Powerlight](#)

Makeup Remover

≈ [Crunchi Little's Super Serum](#)

≈ Raw, Organic Sweet Almond Oil

≈ Other Raw Organic Oils: Avocado, Jojoba, Argan (I avoid coconut because it solidifies and can clog drains)

≈ Organic Washcloth

Face Continued

Face Wash

- ≈ [Crunchi Charcoal Facial Bar](#)
- ≈ [Crunchi Gentle Facial Bar](#)

*Facial Bars maximize results while minimizing negative environmental impact

Toner

- ≈ [Crunchi Clarilight Facial Essence](#)

Serum

- ≈ [Crunchi Goldenlight](#)
- ≈ Skin Foodie (Balance is my absolute favorite, but she has several options. Available on Etsy)

Blemishes

- ≈ Tea Tree Oil (my favorite and always a go-to!)
- ≈ Pure Arnica Gel
- ≈ Copaiba Essential Oil
- ≈ Lue Organics Spot Treatment
- ≈ Osmia Spot Treatment
- ≈ Flying Cow Tallow Blemish Balm

Face Mask

- ≈ DIY Bentonite Clay Mask
 - Bentonite Clay
 - Organic Raw Apple Cider Vinegar
 - Options to add: Raw Honey, Coconut Charcoal, Raw Organic Oil
- ≈ Skin Foodie (available on Etsy)
- ≈ 2nd Kind

Face Continued

Exfoliator

- ≈ DIY Coffee Scrub
 - Organic Ground Coffee
 - Organic Cane Sugar
 - Raw, Organic Oil (Olive, Sweet Almond, Jojoba, Argan)
- ≈ Skin Foodie (available on Etsy)
- ≈ 2nd Kind

Oral Care

- ≈ Risewell
- ≈ Dr. Brite
- ≈ Lumineaux (now available at some Walgreens!)
- ≈ Organic Coconut Oil Pulling

Bath and Body

Deodorant

- ≈ Pit Liquor
- ≈ Primally Pure (Charcoal specifically)

Body Wash

- ≈ [Crunchi Exfoliating Charcoal Body Bar](#)
- ≈ [Crunchi 3-in-1 Little's Bar](#)
- ≈ Dr. Bronner's Sugar Soap

Bath and Body Continued

Body Scrubber

- ≈ Boie USA
- ≈ Natural Loofa Pads
- ≈ Organic Cotton Soap Bags for Bar Soap

Body Lotion

- ≈ Andalou (heavy scented and very moisturizing, my favorite)
- ≈ Cloud Island (from Target)
- ≈ Honest Co. (from Target)
- ≈ Babo Botanicals Fragrance Free Hydra Lotion
- ≈ Dr. Bronner's (very light, not very moisturizing)

Hair

Shampoo & Conditioner

- ≈ [State Street Soap Co](#) Shampoo & Conditioning Bars
- ≈ Onesta
- ≈ Carina Organics
- ≈ Evolvh
- ≈ Innersense Organics
- ≈ Hi Bar (Shampoo & Conditioning Bar)

Volumizer

- ≈ Evolvh

Smoother

- ≈ [Crunchi Smart Primer](#)

Hair Continued

Hairspray

- ≈ Carina Organics
- ≈ Onesta

Dry Shampoo

- ≈ Primally Pure (light and dark available)
- ≈ Organic Arrowroot Powder (mixed with organic cocoa powder for dark hair)
- ≈ Crunchi #NoFilter Translucent Powder (mixed with organic cocoa powder for dark hair)
- ≈ Pit Liquor

Hair Color

- ≈ Professional
 - All Nutrients
 - For my local peeps, *Julie Morgan at Dutch Hollow* uses this line! Tell her I sent you for **20% off your first appointment!**
- ≈ At Home
 - Overtone

Men

Men's Skincare

- ≈ [Crunchi Facial Bars](#)
- ≈ [Crunchi Exfoliating Charcoal Body Bar](#)
- ≈ [Crunchi Sunlight 30SPF](#)
- ≈ [John Masters Organics](#)
- ≈ Little Seed Farm Bear Oil

Men Continued

Men's Hair Styling

≈ [John Masters Organics](#)

Little's

Bath Time

≈ Soap & Shampoo

- [Crunchi 3-in-1 Bathtime Bar](#)
- [Crunchi Gentle Bar](#)
- Dr. Bronner's Sugar Soap
- Attitude

≈ Bubble Bath

- Attitude
- Carina Organics
- Alaffia (Eucalyptus Mint and Lemon Lavender scents are the **ONLY** clean scents)

≈ Bath Crayons

- Honey Sticks Bath Crayons

Lotion

≈ [Crunchi Little's Super Serum](#)

≈ Babo Botanicals Sensitive Skin Fragrance Free Hydra Body Lotion

≈ Earth Mama Organics

≈ Cloud Island

≈ Honest Co.

≈ Skin Foodie: Skin Raw (available on Etsy)

Little's Continued

Diaper Cream

- ≈ Earth Mama Organics
- ≈ Honest Co.

Diapers

- ≈ Dyper (our FAVORITE! Ships to your home 😊)
- ≈ Seventh Generation
- ≈ Honest Co. (the back elastic irritated our eldest's skin, but that seems rare)
- ≈ Organic Cloth Diapers

Wipes

- ≈ Seventh Generation
- ≈ Happy Little Camper (available in flushable too!)

Remedies

- ≈ Teething
 - Raw Baltic Amber Necklace (can also be placed around ankle)
 - [Boiron Camilia Liquid Teething Treatment](#)
 - Hyland's Teething Tablets (available at Target)
 - Frozen Breastmilk-soaked washcloth
 - Frozen Breastmilk and Fruit Blend in Silicone Teething Pouch
- ≈ Earaches
 - Chiropractic Care
 - Wally's Organic Ear Oil

Littles Continued

Remedies

≈ Fever

- Chiropractic Care
- Skin to Skin Contact
- Warm Baths
- Genexa (if you absolutely feel the need to artificially reduce the fever)

≈ Digestion Problems

- Chiropractic Care
- Upspring Probiotics with Colostrum
- High Quality Probiotic
- Increased Fermented Foods
- Magnesium Citrate

≈ Scrapes and Cuts

- Breast Milk (if available)
- Colloidal Silver Spray
- Organic Unrefined Coconut Oil

≈ Bumps and Bruises

- Arnica Gel

For more information on chiropractic care locally:

[Bemis Tupman Chiropractic](#)

For more information chiropractic care for infants or to find a pediatric chiropractor: [ICPA](#)

Outdoors

Bug Spray

- ≈ Greenerways Organic
- ≈ Badger

Bug Bites and Stings

- ≈ The Bug Bite Thing (suction device that actually works!)
- ≈ Prid Drawing Salve (available at most drugstores)
- ≈ Raw Honey

Sun Protection

- ≈ [Crunchi Sunlight SPF](#)
- ≈ Badger (available at Target)
- ≈ ThinkBaby/ThinkSport (available at Target)
- ≈ Babo

Sunless Tanner

- ≈ Chocolate Sun

Lipbalm/Chapstick

- ≈ Badger
- ≈ Dr. Bronner's
- ≈ Earth Mama Organic Nipple Butter

Personal Care

Nail Polish & Remover

- ≈ Karma Organics
- ≈ Dazzle Dry System

Feminine Care

- ≈ L. Organic Pads & Tampons (available at Target)
- ≈ The Honest Co. Pads & Tampons
- ≈ Silicone Menstrual Cups (my absolute favorite!)

Perfume

- Skylar (my favorite!)
- Essential Oil Blends

Laundry

Detergent, Softener & Machine Care

- ≈ Truly Free
 - Laundry Wash
 - Fabric Softener
 - Laundry Machine Cleaner
 - Dryer Angel
- ≈ Dryer
 - Wool Balls + Essential Oils

Laundry Continued

Stain Remover

- ≈ Puracy (not 100% toxin-free but works the BEST of anything I've tried)
- ≈ Truly Free
 - Stain Stick
 - Oxy Boost
 - Enzyme Booster (great addition in the wash for stained clothes!)
 - Molly's Suds Oxy Boost

Home

Household Cleaner

- ≈ Branch Basics
- ≈ Truly Free
- ≈ Vinegar + Distilled water + Essential Oils (Lemon is a favorite for its grime-cutting abilities)

Dishwasher

- ≈ Truly Free
- ≈ Seventh Generation Free & Clear
- ≈ Eco-Me Spot Free Rinse

Dish Soap

- ≈ Better Life
- ≈ Truly Free
- ≈ Attitude Dish Soap
- ≈ Eco-Me Dish Soap

Home Continued

Cookware

- ≈ Pots & Pans
 - Stainless Steel
 - Cast Iron
 - Silicone Coated Stainless Steel
- ≈ Muffin Tins
 - Silicone
 - Stainless Steel
- ≈ Cookie Sheets
 - Silicone Coated Stainless Steel

Handsoap

- ≈ DIY Foaming Soap Recipe
 - Dr. Bronner's Castile Soap 2oz
 - Raw, Organic Oil (Olive, Sweet Almond, Avocado, Jojoba, Argan) 1oz
 - Water 10oz
 - Mason Jar
 - Foaming Soap Pump

Pour all ingredients into mason jar and shake well
- ≈ Dr. Bronner's Organic Sugar Soaps
- ≈ Honest Co. Foaming Hand Soap

Hand Sanitizer

- ≈ Dr. Bronner's Lavender Sanitizer Spray
- ≈ Dr. Brite

Home Continued

Candles

- ≈ The Life Botanical
- ≈ SeaLove Candles

Room Spray

- ≈ Truly Free

