

# Beauty Product Shopping List

A safety checklist for the mom-to-be

## Items Needed:

Face \_\_\_\_\_

Eyes \_\_\_\_\_

Mouth \_\_\_\_\_

Hair \_\_\_\_\_

Nails \_\_\_\_\_

Body \_\_\_\_\_

Arms \_\_\_\_\_

Hands \_\_\_\_\_

Legs \_\_\_\_\_

Feet \_\_\_\_\_

## Ingredients to **AVOID**

Formaldehyde  
Retinoids  
Salicylic Acid  
Benzoyl Peroxide  
Tetracycline  
Parabens  
Sodium Lauryl -  
Sulfate  
Phthalates  
(BzBP, DBP, DEP, DMP, diethyl,  
dibutyl, or benzylbutyl)  
DEA  
Aluminum Zirconium  
Carbamide Peroxide  
(teeth bleaching)  
Toluene  
Ammonia  
Dihydroxyacetone  
Thioglycolic acid