

## *Abundance Emi's Favorite Environmentally Friendly, Minimalist, and Cruelty-Free Beauty Products*

I've been attracted to more conscious beauty products since the summer of 2012. I was 12 years old and my grandma told me about how a lot of conventional deodorants contain aluminum which is harmful over time. That same summer she helped me create my own deodorant out of a baking soda paste and essential oils. After that, I started to think more consciously about the products I was using on a regular basis. Fast forward a few more years and in High School I decided to go vegan. This began my journey of cruelty free products. From cruelty free products, I got into the realm of zero waste. Years later I have cultivated an ultimate list of products I'm excited to use and re-buy everytime. They have a lower impact on the environment and are without a doubt healthy for my sensitive skin.

### Skin Care:

#### **Everyone Soap**

Everyone Soap doesn't have strong fragrances, uses gentle ingredients, and never irritates my skin. It's a great "get 'er done" all over body soap.



### **Booda Butter Tub of Love**

This one has been a game changer. I've loved Booda Butter products for years now but recently was turned into their Tub of Love. It's so moisturizing, so clean, and absorbs into the skin quickly. Plus it smells SO good! My go-to right out of the shower.



### **Booda Butter Chapstick**

Refer to the hype listed above.



### **Booda Butter Deodorant**

This was my first introduction to Booda Butter deodorant after wanting to find something I didn't have to make from scratch and that wasn't irritating like Tom's and some other natural brands. I've gone through several jars of it since 2019. It's kept me smelly free through countless dance classes and 100 degree days.



### **Dickinson's Witch Hazel**

I use Dickinson's pure witch hazel as a facial toner. I dilute it with water in a glass spray bottle and use it after a shower mostly on my face and armpits. I've noticed in other witch hazel toners there's questionable additives so I've opted to make my own. Sometimes I add a few drops of lavender or rose essential oil for a fresh-scent feeling.



### **Jojoba Oil**

This has been my go-to makeup remover for the last several years after I got tired of so many makeup removers that would leave my skin dry and eyes stinging. The jojoba oil works great as long as you use it sparingly. If you get too much on your eyes, it can make your eyes slightly cloudy.



### **Jade gua sha**

Massaging facial tissue definitely feels like a luxury.



## Kuumba Made Perfumes

My go-to perfume for years now. A little goes a long way and it doesn't leave me with a rash.



## Desert Essence Tea Tree Face Wash

I love using tea tree as a facial cleanser. I'll put straight tea tree essential oil whenever I experience a break out, and I use this tea tree cleanser a few times a week in the shower. I don't have very oily skin so I have never needed to wash my face more than a few times a week.



## Be Rooted Feel It Heal

This has been a life saver in the winter time for my dry hands. I get eczema on my knuckles and if they get too bad they crack and bleed. I apply this Feel it Heal at nighttime and it is seriously soothing! It feels like a drink of water to my thirsty skin.



## Shaving:

### **Safety Razor**

One of my favorite zero waste switches. I bought this razor almost a decade ago and it's still going strong! Could probably use a good cleaning to get all the hard water stains off but other than that it's in great shape. I buy the replaceable razors from my local drug store and it's saved so much money and plastic over the years!



## Oral Care:

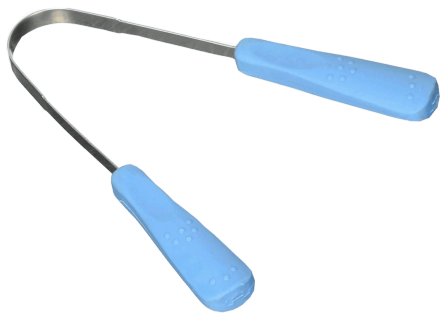
### **Dr Bronner's Toothpaste**

I love this toothpaste because it doesn't foam up. Foamy toothpaste often leaves me with a false sense of cleanness without brushing for very long. It's super straightforward and gets the job done.



### **Tongue Scraper**

Gives that extra layer of clean after brushing.



### **HerbPharm Mouthwash**

I've tried a few natural mouthwashes and they tend to have a weird aftertaste or really overpowering mint taste. I've been really enjoying this Gum Guardian from HerbPharm because it's a nice mellow earthy taste.



### **Quip Electric Toothbrush**

I've been using this same toothbrush for several years now (with changing the brush heads every few months) and I love a few things about it. Firstly, it vibrates for exactly 2 minutes and stops at 30 second intervals so you know when to switch places in your mouth and exactly how long to brush for. Its brush head is the perfect size for my mouth - not too big. If you choose to opt for their subscription service, they'll send a new toothbrush head and battery every 3 months so you know exactly when to change it out. It's got a nice sleek look and is easy to travel with!

