

Beauty & Hygiene Product Information

Product Category

Where to Find

Sunscreen

Aveeno Oil-Free*
 Clarins Oil-Free Sun Care Spray SPF 15*
 Coppertone Oil-Free Sun Block Lotion for Faces SPF 30*
 Coppertone Oil-Free Sun Block Lotion*
 Ocean Potion Sport Extreme Sun Block Water & Sweat*
 Oil-Free Sport Extreme Sun Block*
 Peter Thomas Roth Ultra Lite Oil-Free*
 Zia Oil-Free SPF 15*

Discount or drug retail stores
 Department stores
 Discount or drug retail stores
 Discount or drug retail stores
 Discount or drug retail stores
 Discount or drug retail stores
 Spas, retail stores, internet
 Health food stores, internet

Toothpaste

Baking Soda
 Spry
 Tom's of Maine

Grocery stores
 Health food stores, internet
 Discount or drug retail stores

Cosmetics

Youngevity Mineral Makeup
 Powders HIGHLY recommended

Youngevity Distributor

Deodorants

Baking Soda
 Crystalux Crystal Deodorant
 Crystal Deodorant Stick
 Thai Deodorant Stick*

Grocery stores
 Health food stores, internet
 Health food stores, internet
 Health food stores, internet

Skin / Lip Moisturizers

Aloe Vera 100% Gel
 Baby Oil (basically mineral oil)
 Coconut Oil* (Cold pressed, not expeller pressed)
 Corn Huskers Lotion*
 Kiss My Face Oil-Free Moisturizer*

Discount or drug retail stores
 Discount or grocery stores
 Discount or drug retail stores
 Discount or grocery stores
 Specialty store chains

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)

All * products are suspect. 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.