

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:

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
Surface Hair Products

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

Body Lotion:

doTERRA Hand and Body Lotion
Pure Aloe Vera Gel

Facial Wash:

doTERRA Veriage Face Wash
doTERRA Moisturizing Bath Bar
Witch Hazel

Blemishes:

doTERRA Essential Oil: Lavender, Melaleuca, Frankincense

Makeup Remover:

Witch Hazel

Soap:

doTERRA Moisturizing Bath Bar
doTERRA Body Wash

Deodorant:

doTERRA Natural Deodorant