

Green Living

Ellen Vora, MD

Home

- **Cleaning**
 - Cleaning Products: Seventh Generation and other organic products
 - Throw out the rest (Windex, Fantastik, Comet, Scrubbing Bubbles, Murphy's Oil Soap, etc)
- **Kitchen**
 - Olive Oil – Bragg's Unrefined, Organic Olive Oil
 - Ghee – Purity Farms
 - Coconut Oil – Dr. Bronner's
 - Salt – Pink Himalayan Sea Salt
- **Bedroom**
 - Mattress: I recommend organic latex mattresses, for example plushbeds.com, or wool mattresses
 - Pillows: I recommend wool pillows, for example Holy Lamb Organics
 - Comforter: I recommend a wool comforter, for example Holy Lamb Organics
 - Organic cotton sheets & duvet cover: Coyuchi
- **Air & Water**
 - Water filter: Aquasana water filters (for showerhead and kitchen faucet)
 - Air filter: HEPA filter
- Indoor Environmental Wellness service: www.healthehabitats.com

Personal Care Products

- **Body**
 - Soap – Pangea Organics Canadian Pine with White Sage Bar, Kiss My Face Olive Oil Soap or Dr. Bronner's All-In-One Soap
 - Body Lotion – Earth Science Naturals Multi-Therapy Ceramide Healthy Skin Lotion, or raw coconut oil
 - Sunscreen – W.S. Badger Company Badger Broad Spectrum SPF 30 Sunscreen Cream
 - Hand Cream – Dr. Hauschka Skin Care Hydrating Hand Cream
 - Body Oil – Erbaviva Shaping Oil
 - Body Scrub – Love & Toast Dew Blossom Sugar Scrub
 - Shave Cream – Kiss My Face – unscented
 - Toothpaste – Jason Organics or Kiss My Face – without fluoride
 - Tampons – Seventh Generation or NatraCare
- **Hair**
 - Shampoo – Peter Lamas Soy & Baobab Oil Hydrating Shampoo, Paradise Island, Acure

- Conditioner – Kiss My Face Miss Treated Conditioner
 - Avoid these ingredients when buying body and hair products
 - Triclosan and Triclocarban
 - Oxybenzone
 - Formaldehyde releasers
 - Microbeads
 - Unspecified fragrance
 - Parabens
 - Vitamin A compounds for daytime products
 - Polyethylene glycol (PEG) and Cetearth compounds
- **Face**
 - Face Soap – Earth Science face cleanser
 - Facial Moisturizer – Andalou Naturals Color + Correct with SPF 30
 - Facial Exfoliator – Thesis Face Scrub West Indies
 - Eye cream – True Natural Anti-Aging Hydro+ Eye Cream
 - Facial Wipes – Own Beauty Gentle Cleansing Facial Wipes
 - Avoid these ingredients when buying facial products:
 - Alpha hydroxyl acids
 - Hydroquinone
 - Vitamin A compounds for daytime products
 - Polyethylene glycol (PEG) and Cetearth compounds
 - Unspecified fragrance
 - Parabens
- **Makeup**
 - Chapstick - Burts Bees or Soothing Touch Vanilla Chai Vegan Lip Balm
 - Eyeliner – Logona Double Eyeliner Pencil
 - Mascara – Logona Mascara Volume
 - Eyeshadow – Benecos Natural Beauty Duo Eyeshadow or Dr. Hauschka
 - Nail Polish – Cote Five-Free Polish Blend (or avoid it altogether)
 - Lipstick – Sante Lipstick
 - Eye make-up remover – raw coconut oil or earth science green tea eye make-up remover
 - Avoid these ingredients when buying makeup:
 - Unspecified fragrance
 - Parabens
 - Formaldehyde
 - Toluene
 - Petroleum distillates
- **Romance**
 - Natural Lubricant – raw, organic coconut oil or Sliquid Organics
 - Condoms – Sir Richard brand