

Ten Personal Care Products for Men Under \$10: Create a New You for Under \$100

Women for a Healthy Environment compiled a list of ten commonly used personal care products by men. We then sought healthier alternatives offered by retailers in our region. We researched these items with the help of Environmental Working Group's (EWG) Skin Deep database, finding products with an EWG rating of 3 or lower, meaning they contain safer ingredients. The products must have been \$10 or less* at the time of review and readily available in southwestern PA. This is not a comprehensive list, and we'd love to hear about your favorite products too! And don't forget to try Do-It-Yourself recipes. This information is being provided as a guidance only and not intended to endorse any particular product or manufacturer.

To find more local retailers who offer natural products, visit our website at www.womenforahealthyenvironment.org.

- ❑ **Bar Soap:** Kiss My Face Pure Olive Oil Soap 8 oz.; Available at Giant Eagle \$3.99, Walgreens \$3.99, Target \$3.99, and Whole Foods \$3.99. EWG Rating 0.
- ❑ **Lip Balm:** Burt's Bees Beeswax Lip Balm or Tin; Available at Wal-Mart \$2.97, Giant Eagle \$2.99, Target \$2.99, Walgreens \$2.99, and Whole Foods \$2.99. EWG Rating 2.
- ❑ **Conditioner:** Giovanni Direct Leave-in Conditioner 8.5 fl. Oz.; Available at Giant Eagle \$7.99, Target \$7.99, Walgreens \$7.99, Wal-Mart \$7.99, and Whole Foods \$7.99. EWG Rating 2.
- ❑ **Deodorant:** Tom's of Maine Confidence Roll-On Deodorant; Available at Target \$4.24, Wal-Mart \$4.24, Whole Foods \$4.99, Giant Eagle \$5.29 and Walgreens \$6.29. EWG Rating 1.
- ❑ **Hair Gel:** Giovanni Hair Care Styling L.A. Natural Gel 6.8 fl. Oz.; Available at Giant Eagle \$8.99, Walgreens \$8.99, and Whole Foods \$8.99. EWG Rating 2.
- ❑ **Hand Cream:** Burt's Bees Hand Salve; Available at Wal-Mart \$8.97, Giant Eagle \$8.99, Target \$8.99, Walgreens \$8.99, and Whole Foods \$8.99. EWG Rating 0.
- ❑ **Mouthwash:** Tom's of Maine Long Lasting Wicked Fresh Mouthwash in Cool Mountain Mint or Peppermint Wave; Available at Giant Eagle \$4.99, Walgreens \$4.99, and Whole Foods \$4.99 for 16 fl. Oz. or Target \$6.44 and Wal-Mart \$5.82 for 24 fl. Oz. EWG Rating 2.
- ❑ **Shampoo:** Giovanni Hair Care Shampoo Balance 50/50 Shampoo 8.5 fl. Oz.; Available at Wal-Mart \$7.97, Giant Eagle \$7.99, Target \$7.99, and Whole Foods \$7.99. EWG Rating 3.
- ❑ **Shaving Cream:** Burt's Bees Natural Skin Care for Men Shave Cream 6 oz.; Available at Giant Eagle \$7.99 and Whole Foods \$7.99. EWG Rating 2.
- ❑ **Toothpaste:** Jason Natural Cosmetics Powersmile Whitening Toothpaste 6 oz.; Available at Giant Eagle \$5.49 and Whole Foods \$6.99. EWG Rating 1.

