

The Campaign for Safe Cosmetics

www.SafeCosmetics.org



Personal Care Product Inventory

Get thinking about just how many products and chemical ingredients you use on a daily or weekly basis—people are often surprised by how many they use!

How many personal care products do you use every day?

Jot down your first guess, right off the top of your head: _____

Now think about it more carefully. Place a check next to the products that you use in your daily routine. (There is no judgment attached to any of this, by the way—don't feel bad about how many you use or don't use!)

- Toothpaste
- Mouthwash
- Soap
- Facial cleanser
- Shaving gel/cream
- Body washes/exfoliating wash
- Shampoo
- Conditioner
- Body lotion/cream
- Facial toner
- Face lotion
- Foundation
- Blush or bronzer
- Eyeliner
- Eyeshadow
- Mascara
- Lip liner
- Lipstick or lip gloss
- Lip balm
- Setting powder
- Cologne, perfume or body spray
- Hair gel, mousse or pomade
- Hair smoother or hair spray
- Aftershave
- Deodorant
- Make-up remover
- Skin tone evener
- Firming creams
- Wrinkle-reduction creams
- Eye creams
- Saline rinse/contact solution

- Sunscreen
- Hand sanitizer
- Other _____
- Other _____
- Other _____

Maybe you add these into your mix once a week or so...

- Nail polish
- Nail polish remover
- Facial masks
- Foot cream
- Bubble bath or bath soaks
- Other _____

Occasionally you might add...

- Hair dyes
- Hair relaxers
- Hair perms
- Hair thickening product
- Deep-conditioning treatments
- Hair waxing or bleaching creams
- Manicure or pedicure treatments
- Bug repellent
- Sunless tanning
- After-sun products
- Skin-bleaching creams
- Acne treatments
- Rosacea or sensitive skin creams
- Wound treatments
- Lubricant or spermicides
- Douche
- Tooth-whitening products
- Other _____

Now add up all your check boxes!

Total number of products in your beauty routine: _____