

Product Checklist

Use this checklist to keep track of what products you need to replace.

Use the boxes to:

Number all the products you use on a **daily** basis with a number 1.

Number all the products you use on a **weekly** basis with a number 2

Number all the products you use on a **monthly** basis with a number 3.

Start replacing all your number 1 products first, then move on to your number 2 products then finally your number 3.

Hair

- Shampoo
- Conditioner
- Treatments
- Styling
- Other 1
- Other 2
- Other 3

Face

- Cleanser
- Toner
- Eye Cream
- Moisturiser
- Other 1
- Other 2
- Other 3

Body

- Exfoliator
- Moisturiser
- Shaving Cream
- Sunscreen
- Antiperspirant/
Deodorant
- Shower Gel
- Bubble Bath
- Toothpaste
- Mouthwash
- Perfume
- Other 1
- Other 2
- Other 3

Cosmetics

- Primer
- Foundation
- Powder/
Bronzer
- Mascara
- Eye Shadow
- Blush
- Eyebrow
Pencil/ Colour
- Other 1
- Other 2
- Other 3

House

- Kitchen Spray
- Oven Cleaner
- Floor Cleaner
- Window Cleaner
- Furniture Polish
- Washing Up Liquid
- Dishwasher Tablets
- Air Freshener
- Toilet Cleaner
- Shower/ Bath Cleaner
- Laundry Detergent
- Other 1
- Other 2
- Other 3

Baby

- Shampoo
- Moisturiser
- Wipes
- Nappy Cream
- Other 1
- Other 2
- Other 3

Once, you have gone through the list and replaced all your products you could then consider doing a body detox.