

Leah:

Ladies, we're going to talk about some makeup and we're going to talk about some non toxic make up and maybe also green-washing. Yeah, we're going to talk about a lot of them. I'm going to. I'm going to preface this with a massive disclaimer. I'm drinking my coffee, my mushroom coffee. I also have a baby monitor here and listening to Killian, So you know if you hear some sound go eee and all of a sudden there's a pause and Leah comes back as a new Leah. It's because I probably filmed the rest of this on a second day when, yeah, right now Killian's sleeping. So we're trying to. We're trying to knock out some podcast episodes. Anyway. I'm so excited to talk about make up. I'm wearing some of it today. How beautiful do we look? If you are watching the Youtube video, you can see how beautiful I look. Thank you.

But I want to talk about make up and I'm going to start with a massive disclaimer that Leah is not a chemist. Okay, So this is all things that I have learned Through independent research, which means I looked at some studies. I'm reading about these ingredients. I'm looking at them in products, but I am not a chemist, so please don't treat me that I'm a chemist and be like well, If this interact with this, then it does X, Y, Z. You'll lose me.

Okay, I work with hormones and our health, and unfortunately, heavy metals in our products and toxins and PFAs, And all of these in our products are endocrine disruptors, and hormone disruptors and toxic exposure to our bodies, So unfortunately, I have to also learn about all of these in our products to the best in my ability to help guide my clients and you to make good, wise, amazing good choices.

Now, does that get tricky when I'm staring at these words and I'm like I have no idea how to pronounce this. Yes, Yes, it does. So I'm going to butcher my way through pronouncing these words. We're going to put them in the show notes for you guys to read, and I'm going to educate you on how to start looking for safer products. And then I'm also going to give you some of my favorite products. Do you have to like my favorite products. No you can like your own. It doesn't matter to me, and that is that.

So, the last thing that I want to share is that I am always ever learning and you know companies re-formulate, companies do change. so as they change things, or I learn new things, I will update things, so I have a switch and ditch guide will link that in the show notes for you, But my switch and ditch guide is basically like a bunch of different options that you can switch to for non toxic and ditch the toxic one. So like we cover, do make up, skin care, hair care. Like all of those things, we give you a bunch of different options of non toxic ones that either I have personally used or my clients Personally used. Because I try and do ones that we've all personally used so we can give you our active live two cents of how we feel about them versus like so and so on the internet that we don't know Says it's fine. Okay, so that's number one.

Number two. You may have a different opinion than me and that's fine. Don't kill me. Don't come at me, please. Just know that everybody is trying to do their best here and please don't get overwhelmed with perfectionism, Because the biggest thing that I've learned in doing research for this podcast episode is that make up is the biggest scam. Green, clean beauty biggest came

out there, Biggest, scan. It's insane and It's just like if you try and be so perfect, it's like the stress of it can cause more issues, So I am going to educate you on things. Then you basically pick your poison. You know, like we all have to reduce our toxic intake And so do choose the best one that is for you in your situation on maybe whatever is going on, That's what I just want to say, Do the best. That is for you, do the best that you can, And like all the rest.

So, so when I started this I was really looking at EWG. I just am a firm believer at this point that brands pay EWG for certifications or I don't know. Sorry, I'm clicking pens and I'm sure that's annoying it. It just doesn't line up that brands are EWG certified, but stil Have a bunch of ingredients that are labeled as toxic and you can even look on. You can even look on EWG's website, and like, look at individual gredients and they'll be like, Oh, this one is not. You know. it's not great. It's a lower risk, but it's not great. But then that same ingredient will be in a product that EWG certified and they're like, Oh, it's totally fine. Like that makes zero sense. That makes no sense whatsoever.

So, that's my number one thing. And then my other second thing is, I do like the Yuka. I don't know how to say that you guys it's Y-U-K-A. It's more Europe based and but I have found too that like products will get scanned in there by users, but they don't list all the ingredients, So the problem with that is unfortunately it will look like it's good, but there's only like ten ingredients listed and it's missing out like the other fifteen that are not good, so just always check that.

Okay, so let's let's kind of jump into it. So like things that we look out for in in in beauty products, I look for dioxins, which can come under a bunch of different names. They are associated with reproductive harm, so we don't like those. Phenoxythanol is a replacement for Parabins, and, a French agency said That's unacceptable for children under the age of three. So I don't want that in my products.

Here is another really, really really big one that I am going to butcher the name of but it's Cyclopentasiloxane, I think again, I'm going to put that in the show notes for you guys, toxic to reproduction. One of the most common ones that I see, One of the most common is Phenoxythanol, The other one is Petroleum and it will come under a ton of different names. They are in so many beauty products, and a lot of other Ingredients are derived from Petroleum.

It's a huge health concern because they can generate 1,4-dioxane, which is a substance known to potentially contribute to some cancer. So no, thank you. Also, a lot of brands of children's and adult make up have tested positive for Asbestos in the recent years, Because of the talc, powder and cosmetics can be contaminated with Asbestos, and that composed serious health risk to consumers. it's known for cancer issues, so we don't like that that that's a big one. Talc is a big one in make up.

Polybutene, I feel is how you say that it contains MOAH and MOSH, which act as a genotoxic carcinogens. they accumulate in your body, particularly in your lymph nodes and the liver, and

they aren't ever fully eliminated Once ingested, or like you know like put on your skin, or Get it in your body.

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Polyethylene is another one that contains POSH , and this accumulates in the body in the lymph nodes and the liver causing inflammatory reactions. Don't like that. Fragrance is a huge One is known as a human immune toxin, allergen, endocrine disruptor, We don't like that, adolescent girls who wear make up every day had twenty times the levels of Propylparabens in their urine compared to those who never or rarely wore make up in a study. that's terrifying,

And they are linked to, estrogenic, strong estrogenic activity. And so I know we think like, Oh, it's just make up, but it's like what you're putting on your skin is absorbed, six percent of that absorbed in your blood stream. like in less than thirty seconds, so no, thank you.

Parabens act like the hormone estrogen in the body and disrupt the normal function of the hormone system. This affects males and females, reproductive system, reproduction, development, fertility, and birth outcomes, and again, these come under a lot of different names, so like look for Phthalates , Parabens . Sometimes it will be called DEP, DBE, DEHP. Things like that these are. They're all classified in the European Chemical Agency as reproductive toxins. I went to Europe, Europe for a lot of guide lines, because like the U. S. guide lines for what is safe and what is not safe is just It's horrible.

It's just - you guys like what is allowed in American stuff is just so sad. The other thing that is often found in. make up is PFAs and PFAs are they are forever chemicals. they've been used in mass produce in the United States for decades all the way back to like nineteen forties . they're linked to health effects like reproductive issues, cancers, cardio, vascular disease and immune problems. . they're found in a lot of green beauty products and PFAs are something like that. Basically they would have to be tested. so anything above thirty parts per million is considered high, anything below ten Is It is not bad. But again you're looking for like undetectable levels. That's That's a lot. You know. if you like. Oh, it's only like thirty parts per million, Leah. like that's not bad. but like for most women, like if you're wearing make up on a daily basis like that's like a lot of like lipstick and foundation and things that you are putting on your health.

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Okay, and if you think about like how many molecule molecules of PFAs is in, like one drop of a beauty product. So if it's if PFAs are present and just like one part like per billion, like that'd be over like a trillion molecules of PFAs, and like one drop of your make up, that's a lot. and even though it's low doses, These are forever chemicals, so they're not going away. They're just building up building up, so Even endocrinologists who study hormones and endocrine disrupting chemicals understand like low doses of these things have big effects, so let's not just be putting them in our bodies, you know, like in our lip stick and all of that kind of stuff. That's very, I was gonna say depressing. It is depressing, but also like you have to also think about it in terms of like you're you're building Of this up over and over and over and over and over, which is not amazing. You know, and again. this is where the green washing comes in. I don't know if the

Green washing episode has come out or not, but a lot of beauty people want to be like, I'm non toxic. My brand is non toxic. This is organic. This is awesome. but then they, you know, have horrible, like horrible, other ingredients or PFAs in them, And it's like okay, So you know, I thought I was being all amazing and non toxic and you Weren't okay, So anyway, that is what I have to say there, so I'm going to.

13:41

We're going to briefly recap some of the big ingredients that we look for again. These are also in the switch and ditch guide, so I feel free to look there, but Phenoxythanol is a big one. Dioxins are big one, Cyclopentasiloxane, Oh, my gosh, if you're a chemist, you're just laughing. I know you are Polybutene, Polyethylene, fragrance, Phthalate, Parabens DEP, DBP, DEHP, By by talc comes in as I also am not a big fan of mica and products, depending on how they source their mica, because mica can be, it's not like source in a very ethical way, and breathing it in is not great for the workers, so you just have to be careful how that source Well sourced, Mica, and then titanium dio, dio, diocine, titanium dioxine. I feel like I'm saying that correct. You always want to make sure is no nano. You don't want nano particles. So those are the big ones? Okay And then so those are just ingredient wise,

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And then you go from there to like wanting to say. Hey, Is this product tested for PFAs? right, Because there are products that have great ingredients, But then they are tested for Pfas, and it got into their product from the packaging or through the manufacturing process. So that stinks. That happened with one of the bands I really liked.

And then from there, they have to work. I mean, you also want your products to work, and then on top of that after them wanting to work, then I also look at packaging. like glass Packaging is ideal. you know, ideal, the less plastic ideal. but you know, Sometimes you just really have to pick your battles. You do. you have to pick your battles.

Okay, so let's go over some products. Okay, so I just want to show you how like you can educate yourself here. I feel like we already did this in an episode, but we're going to do it again, so we're going to pull up one of the brands that I actually really like, and then we're going to pull up a brand that I did like, And now I'm crying because I found out more about them. It's fine. we will all live. We will all live.

Okay, so we're going to share my screen. Sorry if you are listening to the recording. That probably was really weird, but I was typing in the results that we could see this. Okay. We're going to start with one that we don't like, So let's pull up like Westman, Atelier, which, Like their make up performed so well on EWG they seem to like, rate really really well, And then you start learning more just about how to read ingredients. And I was like you guys are, But the one thing they do have going for them is they have ethically sourced Mica. My so again things to always think about there.

Okay, So when you are pulling up a product, if you can look at my, If you're looking at my screen, We're going to pull up product details. and of course, they're giving you all the wonderful things. They have some positives, No parabens, no pegs, no talc, no Phthalate, no synthetic fragrances, no animal testing. that's all great and everything you know. But I also would just like to see the actual ingredients.

Which again, why, Why do people make it so hard to find like their actual ingredients? There we go. So again I pull on the Yuka app. I'm going to just pull up a brand that any brand, or you can just pull up one that is not super great. and you're going to look at those ingredients, so because then you can compare So you're not getting greenwashed By all of the things, So let's just start with. So I pull up a highlight stick on here so we can look through that, but let's also think of our ones that we learned about in our, what's it called when we were going over ingredients? so we learned about Polybutene and Polybutene, ethylene, So those were Some one.

So let's put the command F button in on this website and let's type n Polly. there's Polyethylene, Okay, So it does contain Polyethylene, Which remember that contains POSH. I won't butcher you guys. By trying to say that, but it's basically it accumulates in the body, particularly in the lymph nodes and the liver, causing inflammatory reactions So already boom, has that not really That's great about it. It does contain titanium dioxide and it doesn't specify like whether or not that is It doesn't specify whether or not that's Nano or not, nano.

So that's another one and then Polybutene with another one that we didn't want. It's not in there, so that's great. Can look at fragrance, Look like that's in there, So that's great, So it looks like you're dealing with some things like potential, like Forever chemical, living in the ingredients building up in the lymph nodes, and so poopy them, anyway, So there's an option right.

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Okay, So now here's a brand that I did like and did pass, and this is Aisling organics, so let's pull up their foundation and look at again. I just find it so much easier to look. Find their ingredients. So they specify non-nano titanium dioxide, Non-nano, Mike, non-nan iron oxides, which is really really awesome. I love that they are already sharing that with you, so you don't have to go digging, So let's just look for the other ingredient. Polyethylene. it is not in there.

That's awesome. Let's look for another one, Polybutene. That, Also not in their. awesome so it's already like, let's check for fragrance. not in their awesome. So already like this one's scoring really really Well,

So that's how I go through and I like look. I like. I just go command. F. and I go and find all these ingredients. I use the Yuka app, Especially if they don't have that product. I will pull up like a product that I know is not great and I just go okay. Which materials are hazardous in here And then I go and I search because I'm telling you guys. when I start reading ingredients, my eyes

just start kind of going. Oh, mylanta, like it starts to make your use starts to make you see double or something.

I don't know. I don't recommend it. so that's why I just use that the command F and it works really really well. So anyway, that's where I gave you guys that information. Those are ingredients to look for, check for glass packaging, Check for forever chemicals, PFAs, check and see if they have testing for PFAs,

And I would say that ninety percent of you aren't going to even make it past the ingredients to even look for pas. Unfortunately, unfortunately, okay, so let's get into some brands that I like or brands. I tried.

So brands that I really really liked and tried, but I didn't like the ingredients. Was Westman Atelier? I thought that was a really great band, but green washing pulled through my eyes, but I did. I did like the quality of it, but it does have some ingredients. I'm not a big fan of. so no more of that.

Another one that rates really really well, but I personally am not a fan of or no, That does that rated really well. For example on EWG. But when you actually dig into the ingredients, it's not that great. Is Mineral Fusion. Don't really like them. So those are just some examples. I mean, I feel like I can make a whole episode of brands that I don't like, but I feel like If you just start looking at your ingredients, you'll know there like. obviously, most of the big popular ones out there like Mary Kay, Clinique, Charlotte Tilbury, like most of them, just don't have good ingredients.

So now, but then it gets trickier when you start getting into the clean beauty. The ones that are green washing you. So this is what I'm going to tell you about that I loved the ingredients. I love the price point And then I found out that they didn't have a ton, but they tested fourteen parts per million for Forever chemicals, And so I was like that made me kind of sad, but this is where Rejuva Minerals.

This actually makes me really sad because they had a tinted moisturizer. This is it that I really really loved. They had the lip cream that I tried on my Instagram stories, and you guys were like. What lip glass are you using? That Was Rejuva Minerals lip gloss. I really liked it.

Their foundation I absolutely hated. it made me turn like orange. Literally, it oxidized. It's awful. It looked horrible. Don't don't recommend. but I liked their I really, really, really really liked their what is this called C. C, cream tinted moisturizer. Liked their ingredients liked, their pricing Didn't like that. they had forever chemicals in it.

So you know, pick your poison. You know. if you're like this is the best that I can do. In this moment best you can do. I don't know. I'm just giving you the information. Here's this one, another one I don't have it down here. I'm sorry, Is Toups Organics, Toups, Toups, organics. That's how you say that.

Yeah, good ingredients. Did well on the testing for heavy metals and PFAs for PFAs, and just so their foundations. Well, First of all, I decided that I'm really bad at picking my color foundations. I away pick too dark.

I think I'm so tan and I'm not. I guess at all anyways, but I, I felt like their foundation was more like a tinted moisturizer, so they used tallow and a lot of their products, which is cool. So I did like their tinted like lip balm. I liked that. I thought that was great.

And then their tinted moisture, or their their foundation. I felt like it was a tinted moisturizer. I put it on like you could see all my freckles through it. So if that's something you're looking for, that would be something that maybe up your alley, believe, though that their packet packaging isn't plastics. So there is that, but ingredients weren't bad at all.

I mean the foundation was okay. It wasn't like wowed by it, but maybe it's a good option for like a tinted moisturizer, since my other one didn't work out their mascara. Great ingredients, Great testing for PFAs, but like performance oh my goodness, so when you're looking at mascara like you can't have waterproof, it's going to have PFAs it in it, so you can't have a non toxic waterproof. Mascaret's impossible. but like I don't want that stuff by my eyes like. No, thank you. So I was looking more for like water resistant. and I was just striking out in the mascara category. Like woo. so bad like I was. Just I tried so many mascaras for you guys and they were all horrifically bad. Like ingredients were great, but like they did not perform at all.

And Toups Organics. I think the Toups organic. . I really like their ingredients, but like that mascara. I'm sorry, man ooof.

But but their, like if you want their foundation to be more like a C. C cream that may be right up your alley. Lip balm was great.

Okay, this is one that I really really really like. So this is Crunchy. They are a direct sales company, so I'm going to tell you guys, because that freaks some people out. I don't sell them, so you know, don't don't be like "oh my gosh leah" I don't sell them, So that's not why I'm telling about this.

I really like their ingredients. They test really well for PFAs. and they come In glass packaging and they do perform. I find that they perform really well, So I've tried their foundation and their concealer. their primer. And I just want to tell you I really do like their foundation. I'm not wearing that today. I'll tell you, which one I'm wearing But I really really like their foundation. I like the ingredients. I like the packaging, but if you buy anything from Crunchy, let it be their lip . Like crayon things. this, let it be this. Let it be these lip crayons. I like. Oh, my lanta.

This is like the best thing you ever have put on your lips in terms of like putting a lip color on. I mean it is. it's amazing. It's I mean, it's creamy, but like once you put it on, I don't find that it transfers a ton of places. It's creamy. It doesn't dry your lips out. It's beautiful. They're talc free, .

I really do like their ingredients, but like the performance of this lip crayon is like The best thing on planet Earth, and I also have their lip gloss, which I didn't bring down here to show you. sorry,

and I want to tell you about the three lip glasses that I tried, and I'm just I'm just amazed. So I love the one from Rejuva Minerals. We don't like that. It tested for PFAs. I loved it, but we don't like that. It tested for PFAs.

But I tried their lip glass and I don't know about you guys, but when I put a lip glass on, it's like sticky and gummy, Like everything sticks to it, and then give it like forty five minutes and it makes your lips, my lips crackly and dried and I'm like Well, I look cute for forty five minutes to then feel miserable and my lips are peeling.

I did not have this issue with these lip glosses that I'm going to tell you about. like your lips felt amazing and moisturized and not sticky. And then they like they didn't get crackly. They just like the lip glass just kind of went away. My lips were totally fine so I love their foundation.

I loved their concealer like I love. I loved everything that I've tried from Crunchy. I do have to mix two shades, because like the one shade that matched me was like not out. I mean, was out of stock. But if you do anything, their lip crayons, they're like so good. I'm going to talk about mascara in a completely different episode because I still have to trial some more mascaras for you, Love this, Love this.

So the foundation I'm wearing today is Aislings Organics. I like their ingredients. This one. They do also have glass packaging, not for all of their products, but they do for their foundation, which we love. I'm in the shade. natural. I thought I was, you know, cashew and darker, but now I'm not, I'm not, so I love them.

I've loved everything I've tried from them. I have their conceal or I have their primer. I have their lip gloss in bora Bora and I just love it. I'm telling you guys, so I just so, I guess if you're watching the video, you're going to get like a nice close up. So like, let's just, I mean these crayons when they like the Crunchy Crayons like you would think that I sell for them, but I don't.

I mean they just go on so smooth and their lip glass, which I don't have down here is amazing, but the Aisling Organics, so this one isn't glass, their foundations glass, their lip glass is not. I mean You, just if you want to be like boujie and amazing, and I don't know, like I could wear this stuff every day, and I just never say that about lip glass, because like it just makes my lips right out, and I look crackly and growth and nasty, but I just love it.

I love their lip gloss. I love crunches lip gloass. They're amazing. They're amazing so highly highly highly recommend. I think we have a discount code for you for a sling, Organic. I think they sent us a discount code. I will check, and I'll put that in the show notes.

So if you're like wanting a discount code for Aisling, Organics, go to the show notes. and like Aisling Organics, we'll have one for you. The next thing that the last brand that I want to talk to you guys about is Fit Glow Beauty, So I got a couple things from them. I didn't try foundation.

I'm so sorry, you guys. I'm like. I'm just like Foundation tried out, so I tried Toups Organics. I tried Rejuva Minerals. I tried Crunchy, tried Aisling Organics, I tried to, so I tried all those foundations. Rejuva Minerals, I already say that, So I tried all these foundations and like, I was just I was foundationed out like I just had so many foundations. Thankfully, some of them gave me like trial sizes, which was nice, So I didn't have to.

I just didn't want that many foundations like living their best life in my world, because I don't even want to make that often. but I did try Fit Glow Beauty, so I did like their ingredients. They did test very well, for they did test very well, for my goodness, what's for Pfas. They don't specify if their zinc is non Nano. That's the like only thing in their make up and they do have plastic containers. They don't have glass. But besides that not bad, not bad at all. so I got. I got a just a couple of things from them.

I got their lip gloss, Which of all the lip glosses that I tried, this was the most expensive and I like it like it performed Well. It performed very well, like in terms of like drying your lips out and making them moisturize, it didn't dry my lips out and made them moisturized. And it's it goes on great. It is not sticky.

I guess you can't really see I'm not a beauty influencer or you can't see. The only thing is they just smell kind of funny. I don't. I have nothing else to explain that to you. They just kind of smell funny. I don't know. and for the price tag of what they Or it's like a lip serum gloss,

Do this one or do the crunchy one for pricing like one hundred percent Like this is great. I like it, but I love these. Doesn't drive my lips out or anything. But it's just like I don't know for the price take of what it was. I expected amazingness,

I don't know. I don't know what I expected. I did try thier, primer for your eyelashes and their mascara and I did like it, But I'm still trying some more mascaras for you so I'm not going to go into depth about it, but I did like them. I did like them, so I will say that,

I think that's the one I'm wearing today. If you're watching the Youtube video That's the one I'm wearing today, So that is that like those are the brands that I like that I'm trying. Still, I still need find a tinted moisturizer, because like I don't know, it's so much worked, but on foundation all the time, but I am tied between Aisling organics in Crunchy, In terms of like which foundation I like better, I don't know.

So they're both in glass packaging, which I really like. . I think Aisling Organics is a little bit cheaper. but I know that like with crunchy, Like with your first order, That's like over fifty dollars. You get like a ten dollar off coupon, so I don't know that I come down to the same price at that

point, So I don't know. I don't know Pick which, So this one Aisling organics, I feel like it's what I'm wearing today. you just look. It looks less. it looks less make upy.

Like you are much more glowy. You are like your glowing range is like up ten notches. You just look like you are thoroughly glowing. Crunchy I feel like the finish is beautiful. but I feel more sophisticated when I wear Crunchy like I'm going to a bigger event, so I feel like if I'm like more every day to day, not that I wear it every day to day, but more I would wear Aisling organics.

And then, if I was like trying to be like boujier, Or maybe you like this. More of the not, the more you like a less glowy finish. You probably would prefer crunchy. I am not a make up influencer or I am not trying to be in make up influence or I'm not, so we'll have a discount for Aislings in there. I'll also put that coupon code for you for Crunchy, where it's like you get ten dollars off if you buy fifty dollars. I don't know if that will put you in touch with the person that I ended up on buying this from.

I thought she was very, very nice and very very sweet. I didn't find her pushy or anything like that. I find that a lot of people Are indirect sales That they can kind of be like pushing your hound, you, or any of the above. I didn't find her that way at all. I actually asked her for a foundation sample so I could try and like match myself, and she sent it to me and I don't think I ended up on like trying the foundation for like months afterwards, because you know we were planning on doing this episode. It just took me forever and never once did I hear from her where she was like. Are you going to blablablat.

So if you're looking for a nice person to get your country through, She's a nice person, so I will put her now. I will put her thing in there, but I'll put that link for the ten dollars off coupon, And she said that that's something I can link for you all, and I think that will put you in touch with her. I think I don't know. Maybe so, but if you, if you want me to connect you with her, I can do that as well.

So I like those two foundations. I like these two concealers. Like both of their packaging. I like them both. I can't pick. I cannot pick. I use both of them for two completely different reasons, and I like both of their lip glosses, and I think they are pretty much priced almost the same, almost the same

Aisling. Organic has a very small collection of make up. Their women owned their small business. I like sporting them. I like it. I believe Crunchy is started by women as well. A lot of Are women basely. So is Fit Glow Beauty is also women owned.

But if you are just like stepping into makeup and I, I don't even know, I would probably do Aisling Organic has a cream blush. you know, I think that cream make up is just right up my alley right now. I really like that. I would highly recommend either Aisling organic lip gloss or crunchy Lip gloss are so beautiful, but I feel like if you do nothing else you need to Crunchy's lip crayon. This is my favorite thing that I've tried out of all this make up. I love their lip crayons. Like you just look beautiful. You look beautiful. I like the plum kiss one. They had a limited edition one called

Love letter, But like I couldn't figure out how to let them let me buy it, I wanted it. looks so beautiful, but they didn't let me buy it like it wasn't an option. This one is ever looks, I believe is the color Plumb kiss is my favorite one.

So that's my make up randition. We'll do a little bit more on mascaras, because I feel like I have some more to try for you, But those are those are the things. so like Start with reading your ingredients. These are the brands I like. I really, like I said, I like Crunchy like asling organics I like fit glow. I liked the ingredients and Tupes organic. I, just their mascara. Just I was in a big fan of, and I felt like their foundation Was more of a tinted moisturizer on me than an actual foundation, which, if that's like the look you're going for, that's great, but like when I wear a foundation. I wanted to be a foundation. When I wear tinted moisturizer, I wanted to be tinted moisturiser. so maybe I'll just buy that as an idea that it's a tinted moisture is or I have no idea. I don't know what Im goin to do. still looking for a tinted moisturizer.

If you want me to review other brands like we can turn this into a series. I do know we are going to. We need Do some more things like. I think we need to cover some mascaras, maybe some more lip products.

Because like people always ask those, but at the same time like I am not a beauty influencer and I can only talk. I mean, I can only share so much because like I just know what works for me, like I have like dry ish skin. I don't have super oily skin, so it's like I'm just not an influencer, in make up so I can't really tell you what would work for you And what wouldn't. I can just tell you what works for me.

Okay, so I'm going put those links down for you guys. I'm gonna put those ingredients down there for you guys. If you have any questions, let me know. This was such a fun episode. It was annoying, you know, because like, I just kept finding brands where I would like the ingredients and then find they were tested for PFAs, or like, I would love the performance of it and then find out that it had some ingredients I didn't like and it was just so annoying.

I did find that a lot, A product that were EWG, like good, or even EWG certified ended up having ingredients. I really just didn't like. Mineral fusion was one Dime beauty was another one specifically with their mascara.

So that was kind of annoying, you know, and then also to like brands like like ingredients, change product to product too, so you have to look at all of that, So that's what I recommend. That's what I think. let me know your thoughts. Let me know your favorites. Let me please send me a message. Either, the podcasting Instagram or just my personal one, LEAH_BRUG, and tell me like what you're going to try, or like what make up you use or if there's something you want us to review, I don't know. I don't know if you want us to review it. I don't know. Maybe that's annoying. just tell me.