



*the*  
**VEGAN RESET**

**WEEK THREE: LIFESTYLE  
DAY NINETEEN:  
SKIN CARE**



# skin care

Skin is the largest organ in the body. Though waterproof, it is also breathable and permeable. What we use on our skin enters into our bloodstream. That's right, whatever we lather, rub, or slather on our skin ends up in our bloodstream, so it's incredibly important to keep toxic and synthetic chemicals away from our skin.

Luckily, there are many safe alternatives, for both our bodies and the environment, which we've listed below!

## Moisturizer

- Oil
  - Olive Oil
  - Coconut oil
  - Wheat germ oil (Thick)
  - Castor Oil (EXTRA thick)
  
- Shea Butter
  - Pure shea butter with no additives or other ingredients
  
- Cocoa Butter
  - Pure Cocoa butter with no additives or other ingredients

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