

# *Your Extraordinary Life Journey*

ExtraordinaryLifeJourney.com

## Organic Cosmetics Shopping Checklist

### Certifications

- USDA Organic
- COSMOS Organic
- ECOCERT
- Leaping Bunny (Cruelty-Free)
- Others

### Ingredients

- Short and simple list
- Plant-based oils, butters, and extracts
- No synthetic fragrances (it may just say “fragrance”)
- No parabens, sulfates, or phthalates
- No petrochemicals

### Organic Content

- States percentage of organic ingredients
- Prioritizes organic ingredients at the top of the list

### Ethical Standards (if important to you)

- Cruelty-Free (Leaping Bunny, PETA, etc.)
- Vegan
- Fair Trade

### Packaging

- Recyclable or biodegradable
- Refillable or minimal waste packaging

### Brand Transparency

- Clear sourcing and ingredient origin
- Company’s sustainable and ethical practices stated

### Skin Safety

- Hypoallergenic or dermatologist tested
- Patch test recommended
- Non-comedogenic (won’t clog pores)

## Notes: