

Paraben & Phthalate Free Baby Products

- [California Baby](#)* (PO)
- [Avalon Organics Baby](#)*
- [Earth Mama Angel Baby](#) (CO)
- [Erbaviva Natural Organic Baby](#) (CO)
- [Weleda Baby](#)
- [TruKid Skin Care](#)* (PO)
- [Nature's Baby Organics](#) (CO)
- Burt's Bees Baby * (not all, but some)
- BeeCeutical's Baby Line (coming soon) (CO)
- [Belli Skin Care](#) *
- [Earth Tribe, Tribe Kids](#)
- [Lily Organics](#)
- [Dr Bronner's Soaps](#) (CO)
- [Aubrey Organics](#) (CO)
- [Mama Rose's Naturals](#) (PO)
- [Little Twig](#) * (PO)
- [Mei Mei Baby Care](#)
- [Babecology](#)
- [Gaia Natural Baby](#) *
- [Serendipity Soap, Wild Child Line](#)
- [Erba Organics](#) * (PO)
- [Love Me Baby Me](#)
- [Nurture My Body](#) (CO)
- [Eden's Kiss](#) (PO)
- [Terressentials Organic Baby Care](#) (CO)

(CO) = Certified Organic, (PO) Partially Organic

I'll be doing reviews of the products marked with a * in the coming days. I'll link to those reviews on this cheat sheet for easy reference. This list will continue to grow as I find more. I haven't included everything yet so I could make sure it was phthalate free. Not all paraben free products are phthalate free so I want to be sure I'm giving out the right information. Check back here for updates. I'll link this over there on the Cheat Sheet list for future reference.

* = *Products that I have used personally and will review or have reviewed.*

Updated 2/24/08: I recently discovered a much wider selection of safe baby care at Publix here in Florida including Weleda, Gaia, Burt's Bees Baby, Avalon Organics, JASON, and a few others. I noticed a couple brands

grouped into this section that appear to be in the safe zone but BEWARE parents, some of them do contain parabens so read those labels before buying.

Tips:

Read labels carefully. This article from [The Daily Green](#) is a great intro to helping you identify and avoid phthalates in your products.

Shopping at a “natural” store doesn’t mean everything is paraben and phthalate free. Read labels, know how to decipher the ingredients and don’t be fooled by the word “natural” on the label. If it says -paraben in any form, it contains parabens!

Be wary of the term “fragrance”. Synthetic fragrances are a phthalate culprit so if you can, try to use products with organic or natural fragrances or <strike>choose “unscented” </strike>. Unscented products can also contain phthalates (darn it!)! [EWG](#) says, “Fragrance-free” or “unscented” means a product has no odor, but synthetic ingredients are often added to mask odors. Products without the word “fragrance” on their label should be OK.

Thank you to my friends at [Itsabelly](#) for bringing this to our attention!

Use less products. This seems like a no-brainer but many people use way more than they need. Babies are born with the most perfect skin (usually) and it will never again be as perfect as it is when they’re babies. They don’t need to be slathered in lotions and powders. A little warm water and a washcloth is all they really need. When kids get older and grimmer (like mine) a little soap and warm water does the trick and spot treat any dry skin problems or rashes.

Related articles:

- [More Phthalate Talk: Unscented Doesn't Mean Safe](#)
- [Baby Skin Care Products: A Quick Users Guide](#)
- [Father Day Gift Ideas: Aubrey Organics Men's Stock](#)