



Clean Summer Skin Care ESSENTIALS



Jo Schaalman and Jules Peláez

Summertime is here! Time to get your glow on.



Did you know that what you put on your body is just as important as what you put in it?

Living the Conscious Cleanse way is not just about looking for ways to detox your eating habits, but is also looking for ways to decrease the amount of toxins you encounter in your daily life. Everything you put on your skin is absorbed into your body, and unfortunately the skin care and beauty industries are mostly unregulated, which means you could have no idea what toxins you are absorbing from your favorite conventional beauty products.

To help you detox your skin care and beauty routines, we have compiled a list of our favorite non-toxic lotions, serums, cosmetics, and more so you can look and feel your best this summer.

With love and summer vibes,

Jo & Jules ♥





Give your lips the VIP treatment with these amazing lip balms from Moroccan Magic.



Nourish your skin's defenses with this probiotic moisturizer from LaFlore.

The Conscious Cleanse Summer Skin Care Guide



Get your rosy glow on naturally with our favorite cream blush from Kjaer Weis.



Pump up the volume (not the toxins) with this all-natural volumizing mascara from Beauty Counter.

Nothing makes our skin feel as plump and hydrated as this anti-aging Vitamin C serum from Intelligent Elixirs.





Skip the tan and get your summer glow with these natural bronzing powders from **Jane Iredale**.



Get out, aluminum! This aluminum-free deodorant from **PiperWai** is free of toxins and keeps you cool and dry in the summer heat.

The Conscious Cleanse

Summer Skin Care Guide



This hydrating serum with vitamin B-5 from **Intelligent Elixirs** is the perfect remedy to skin in need of some TLC.

Don't overdry your skin when you cleanse. Try this oil cleanser from **Tata Harper** to remove makeup and hydrate your skin at the same time!



Get toxin-free sun protection with this sunscreen stick from **EiR**. The best part? It smells like chocolate!

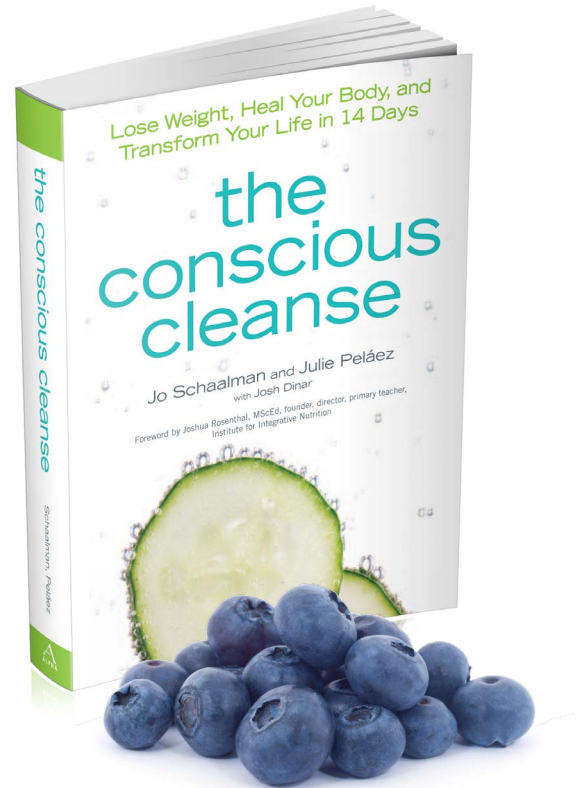


eat real food. get real results.

JOIN US FOR THE NEXT CLEANSE

The Conscious Cleanse is a proven 14-day program that teaches a gentle whole-foods-based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment. Expertly led by co-creators, **Jo and Jules**, and a team of **health coaches**, the Conscious Cleanse community inspires every participant to thrive.

For more delicious recipes and tips for vibrant living, please join us for our next live cleanse, order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days* or visit our **blog**.



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