

Personal Care Product Inventory

How many personal care products do you use every day?

Jot down your first guess, right off the top of your head: _____

Now think about it more carefully. Place a check next to the products that you use:

In your daily routine.

- Toothpaste
- Mouthwash
- Soap
- Facial cleanser
- Shaving gel/cream
- Body Washes/exfoliating wash
- Shampoo
- Conditioner
- Body Lotion/Cream
- Face Toner
- Face Lotion
- Foundation
- Blush or Bronzer
- Eyeliner
- Eye shadow
- Mascara
- Lip Liner
- Lip Stick or lip gloss
- Setting Powder
- Cologne, Perfume or Body Spray
- Hair styling products
- After shave
- Deodorant
- Make-up remover
- Firming creams
- Wrinkle-reduction creams
- Eye creams
- Saline rinse/contact solution
- Sunscreen

- Hand Sanitizer
- Other _____
- Other _____
- Other _____

Maybe you add these into your mix once a week or so...

- Nail polish
- Nail polish remover
- Face Masks
- Foot cream
- Bubble Bath/bath soaks

Occasionally you might add...

- Hair dyes
- Hair relaxers
- Deep conditioning creams
- Waxing/bleaching creams
- Manicure and Pedicure treatments
- Bug repellent
- Sunless tanning
- After sun products
- Skin bleaching creams
- Acne treatments
- Rosacea/sensitive skin creams
- Pain/wounds treatments
- Lubricant/spermicides
- Tooth whitening products

Now add up all your check marks and compare them to your original guess. Most of us use more products than we realize; on average, American women use 12 personal care products a day, and men average six products daily. The average adult in this country is exposed DAILY to 126 unique chemical ingredients in personal care products alone.