

summer

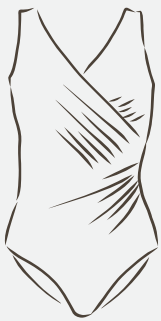
PRODUCT GUIDE

by just the inserts

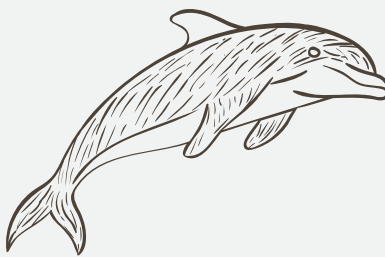
I hope this will be an insightful + impactful guide while shopping this summer season. There are over 150 products within this guide and all are carefully curated to encourage a healthy, more natural way of living. **Each product title + image is clickable** and will bring you directly to the purchasing website. I've also sprinkled in some *free* resources to help you on your journey. Thank you to all the companies that graciously provided a discount code for this amazing community. If you purchase something from this guide, please message me with your feedback!

TABLE OF CONTENTS

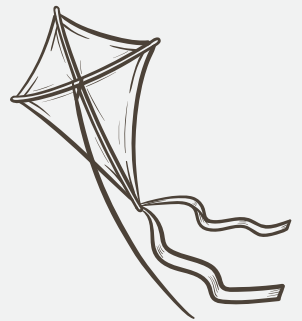
products for... Click on each icon to jump to desired section.



swimming



beach days



outdoor play



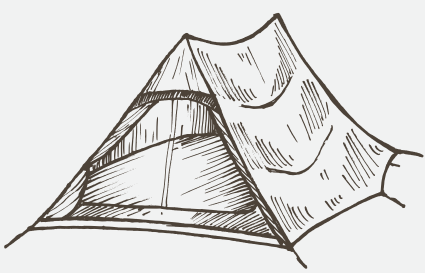
sun protection



bug protection



hiking



camping



grilling



summer pregnancy

extra

Click on each icon to jump to desired section.



screen-free summer



bulk shopping



non-toxic beauty

Disclaimer: This guide is for informational purposes only. By providing the information contained herein we are not diagnosing, treating, curing, mitigating, or preventing any type of disease or medical condition. Before beginning any type of natural, integrative or conventional treatment regimen, it is advisable to seek the advice of a licensed healthcare professional. May contain affiliate links. Product photos/descriptions provided by company websites.

Let's talk about swimsuits. Like most clothing, swimsuits are typically made from a variety of materials. The specific chemicals or toxic materials that may be present can vary depending on the type of swimsuit, its brand, and the manufacturing processes. However, there are some common materials and chemicals that may be found in swimsuits that are known to have potential toxic properties.

Flame Retardants

Some swimsuits, particularly those designed for children, may contain flame retardant chemicals to meet flammability standards. These chemicals, such as polybrominated diphenyl ethers (PBDEs) and chlorinated tris (TDCPP), have been linked to potential health risks, including endocrine disruption, developmental and reproductive toxicity, and cancer.

Heavy Metals

Lead, cadmium, and mercury, is used as part of the dyeing or manufacturing process. These metals can be toxic to humans and the environment, and exposure to them has been associated with various health risks, including neurological and developmental effects.

Polyvinyl chloride (PVC)

Type of plastic commonly used due to its durability + flexibility. However, PVC has been associated with various health and environmental concerns. It may contain toxic additives such as phthalates, which are used to make PVC soft and flexible, and may have harmful effects on human health, including endocrine disruption.

Formaldehyde

Common chemical used in the textile industry as a preservative and anti-wrinkle agent. It has been classified as a known human carcinogen by the International Agency for Research on Cancer (IARC), and its use in clothing, including swimsuits, has raised concerns about potential exposure through skin contact.

Dyes and Pigments

May contain hazardous chemicals, such as azo dyes, which can release carcinogenic aromatic amines when they come into contact with sweat or saliva. Some dyes and pigments may also be toxic to aquatic life when released into the environment.

Already have a swimsuit you love?

Here are some things you can do to limit your exposure to toxic materials:

- * **Wash your swimsuit before wearing** to help remove any residual chemicals used in the manufacturing process. Follow care instructions.
- * **Limit chlorine + extended periods of sunlight** which can cause some swimsuits to degrade + release potentially harmful substances.
- * **Rinse with clean water after every use.** Avoid leaving in direct sunlight to dry for long periods of time.

material

THE BEST IS ALSO REALLY EXPENSIVE

There are some great swimsuits that are made from 100% organic cotton and are the best option if you're looking for a completely non-toxic option. However, **they might cost hundreds of dollars + may not provide the support and coverage you need while swimming.** Because of this, the swimsuits in this guide are meant to achieve a balance for your budget, health, and water-activity needs.

SO WHAT'S THE NEXT BEST OPTION?

OEKO-TEX® STANDARD 100 certification means the swimsuit does not contain harmful **levels** of chemicals such as heavy metals and formaldehyde. This is especially important when recycled materials have been used in the swimwear material. Also, since even swimsuits with this certification might still have chemicals present, make sure to follow all maintenance guidelines to lower your exposure.



All the swimsuits in this guide have this certification.

MANUFACTURING MATTERS

Here are a few of the manufacturing processes for common swimsuit materials. If you have questions about chemicals used in each step, be sure to contact the manufacturer directly.

ECONYL® Recycled Nylon type of regenerated nylon (synthetic) fabric that is made from waste materials such as discarded fishing nets, fabric scraps, and industrial plastic waste. These materials are then cleaned, sorted, and processed to remove impurities. Next, the waste nylon is regenerated into a new nylon yarn through a process called depolymerization, which breaks down the nylon into its basic building blocks.

LYCRA® XTRA LIFE Elastane proprietary brand of stretchy fiber used to extend the product life of a swimsuit and reduce fabric breakdown when exposed to chlorine + sunscreens.

recycled PET (Polyethylene Terephthalate) PET bottles are collected, cleaned, shredded, dried, melted, and spun into fibers to make swimsuits.

Castor beans which are plant-based however a solvent such as hexane was most likely used to separate the oil for polymerization. This is why swimwear made from plants are not considered "less toxic" than recycled materials in this guide.

one pieces



con
carin 
MADE WITH ♡ IN VENEZUELA

Click on each logo to see the full swim collection!

Sizes available: XS-L

Made from: 81% Recycled Polyester from collected PET bottles, 19% Lycra

OEKO-TEX® Certified? Yes

Price Range: \$45 - \$145

Sizes available: XS-3X

Made from:

Gusset: 100% GOTS certified organic cotton

Middle crotch: 80% polyester & 20% cotton, breathable TPU

Body: 88% nylon, 12% elastane

OEKO-TEX® Certified? Yes

Ships Worldwide

Leak-free for period protection

lilova



WOLVEN

Sizes available: XS-XL

Made from: 84% RPET and 16% spandex.

OEKO-TEX® Certified? Yes

Price Range: \$52 - \$168

LainSnow

Made for the whole family
with mix + matching suits

Sizes available:

Women's XS-XXL

Men's S-XL

Girl's 6M - size 11

Boy's 6M - size 11

Made from:

Exterior : Poly 90% Spandex 10%

Lining: Nylon 82% Spandex 18%

OEKO-TEX® Certified? Yes

Price Range: \$60 - \$120



Cleobella

Sizes available:

Women's XS-XL

Made from:

80% recycled nylon 20% Elastane

OEKO-TEX® Certified? Yes

Price Range: \$68 - \$228

LONDRE

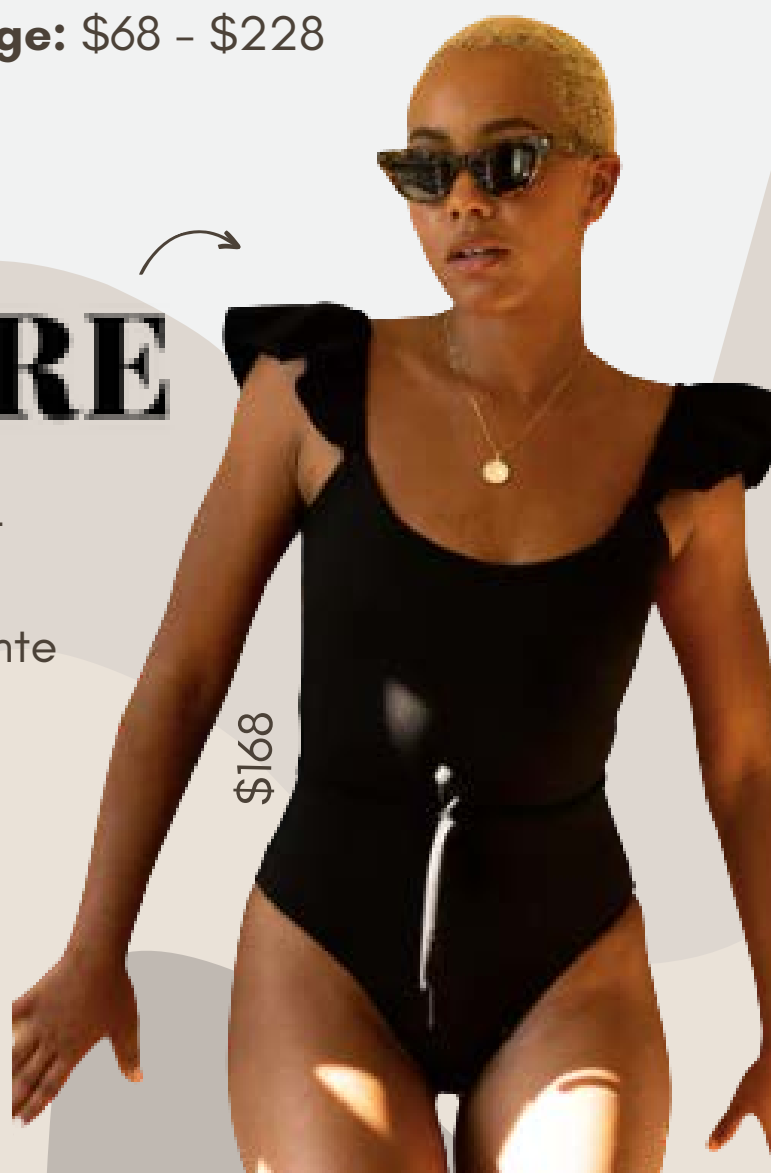
Sizes available: Women's XS-4XL

Made from:

Recycled plastic bottles + Chitosante

OEKO-TEX® Certified? Yes

Price Range: \$55 - \$198



B A I I A

Fully reversible + Customizable waist-cinching tie

Sizes available:

Women's 0-22

Made from:

Recycled nylon

OEKO-TEX® Certified? Yes

Price Range: \$119 AUD - \$279 AUD

bikini



RESET PRIORITY

Sizes available: XS-L

Made from: 17% Xtra Life Lycra® and 83% regenerated Econyl®

OEKO-TEX® Certified? Yes

Price Range: \$54 - \$188

\$69.42

\$84.30



\$30

\$50

SAGE LAROCK

SUSTAINABLE LUXURY . MADE ETHICALLY IN LA

Sizes available: XS-L

Made from: 78% regenerated yarn/ 22% LYCRA

OEKO-TEX® Certified? Yes

Price Range: \$30 - \$85

Samudra Swimwear

Sizes available: S-L

Made from:

90% Regenerated Nylon + 10% Lycra

Lining: 73% Nylon + 27% Lycra

OEKO-TEX® Certified? Yes

Price Range: \$57 - \$67

\$63

\$59



\$121

\$113

MARY / YOUNG

Sizes available: XS-2X

Made from: 78% ECONYL® Recycled Nylon, 22% Spandex

OEKO-TEX® Certified? Yes

Price Range: \$109 - \$126

HOW TO LOWER YOUR toxic exposure to swimsuits

Take the extra time + effort to follow your swimsuit's specific care instructions each time you wear your suit (even if you didn't get wet). Not only will this limit your toxic exposure, but it'll also keep your suit vibrant + elastic for longer after being exposed to salt water or chlorine as well as your natural body oils and sunscreen/tanning lotions.

* **Hand rinse after every wear.** Fill your sink basin with cool or lukewarm water. Add 1 Tbsp of mild liquid soap (check ingredients - no harsh chemicals, bleach, or fabric softeners) or 1 Tbsp white vinegar. Gently swirl, knead, or press your swimsuit in the water to create suds. Avoid rubbing/twisting. If you have time, let it soak at least 15 min, then rinse with clean water. Without wringing, gently squeeze your swimsuit of excess water, then lay it flat on a clean towel to air dry out of direct sunlight. If you are in a hurry, roll the swimsuit in the towel and put in a partially zipped wet bag.



* **Use non-toxic skin products** prior to and while you're wearing your swimsuit. This will limit any damage to the fabric + won't affect performance.

* **Avoid using the washer/dryer.** This can release microplastics and be too harsh for your swimsuits' fabric.

* **Avoid wringing/twisting your suit** or using the drying machines at swimming pools. These can cause extra strain on your swimsuit's fabric.

* **Avoid hanging your suit to dry.** The pooled water will weigh it down and cause it to stretch more than it should.

* **Avoid drying in direct sunlight.** This can cause color fading and weakness in the fibers.



Add an extra layer of vaginal protection with 100% organic cotton panty liners. These are great to add to the inner lining of your swimsuit especially if you're just lounging around a pool or watching the kids run through the sprinkler. However, test the adhesive strength prior to using them in waves or if swimming for exercise. \$8.99 for 44 liners

KIDS SWIM

Rylee + Cru

Sizes available: 0m - 12 years
Made from: 80% Polyamide, 20% Elastane
OEKO-TEX® Certified? Yes



\$55



\$39



\$48



\$52



\$32

Rylee + Cru
PRE-LOVED COLLECTION
The official destination to shop + sell pre-loved Rylee + Cru items at reduced prices in a responsible way for the planet.

Click the box to shop pre-loved items!

Looking for non-toxic life vests? The bottom of [this article](#) has a few options!



Sizes available: 0m - 2 years
Made from: recycled polyester shell with bamboo terry lining
OEKO-TEX® Certified? Yes
Price \$17



City Threads Rash Guard

Sizes available: 9m - 16 kid

Made from: 84% Polyester, 16% Spandex, however has not been sprayed with chemicals. UPF 50 is achieved through tight weave

Price \$33.95

i Play Reusable Swimsuit Diaper + Flap Sun Protection Hat

Sizes available: 6m - 4T

Made from: Recycled polyester

OEKO-TEX® Certified? Yes

Price \$29.99



Carpe Summer Swimwear

Sizes available: 2T - 10 kid

Made from: 78% Nylon, 22% Spandex

OEKO-TEX® Certified? Yes

Price \$35

Available in girls + boys styles

drying off



Weezie Oversized Towel \$78 + shipping

100% organic long-staple cotton. Hypoallergenic, low linting and OEKO-TEX® certified. Personalization available for \$15 per towel. Discounted bundle of 4 towels is also available for \$264.



100%
GOTS
certified
organic
cotton
towel
wraps



100% Cotton Organic Kid's Muslin Poncho

GOTS + OEKO-TEX certified

\$29.90 + shipping

[scroll to the top](#)

BEACH DAYS

Beach Puddle

\$87.95 + shipping

Great for littles at the beach! Especially if the waves are rough while you're there. Dig a hole and create a small pool for your children to play undisturbed while you can keep an eye on them. The pool also comes with a waterproof carrying bag for convenient storage that can also be used as a bucket to fill the pool.



Waterproof Beach Blanket

\$64.99 + shipping

The wonderful thing about this beach blanket is that it has a hole in the middle to put your beach umbrella so you can maximize your shade at the beach! Great for picnics as well or outdoor concerts on wet grass.



Scout Sandproof Bag

\$44 + shipping

This'll be my fourth summer using this bag for the beach + pool! It's perfect for keeping beach snacks, change of clothes, sun protection, and personal items sand-free. Very easy to clean and durable straps!



in my beach bag...

lip chap



\$4.95

"JUSTTHEINSERTS" for 12% off

to prevent UTI + helps remove sand from skin



\$13 "JUSTTHEINSERTS" for 20% off



in case of jelly fish stings

\$17 "JUSTTHEINSERTS" for 20% off

waves

Natural Rubber Flip Flops

Women's + Mens
\$14.99 + shipping



No-Spill Watering Can

\$19.99 + shipping

Perfect for little hands that want to help make sandcastles or build moats around the beach snacks. Can be used during bathtime or to water plants at home! Double-sided for a spray + pour option.



Catch and Release Beach Aquarium

Observe and learn more about beach wildlife up close, then release safely to their natural habitat. A fun way to promote curiosity and learning as well as responsible stewardship of nature. Perfect for the cottage, beach vacations, trips to the lake and more! **Here is one of the Amazon reviews:**



"If you frequent the beach regularly, or really any outdoor area where you (or your kids) are prone to picking up little critters, BUY THIS. CASE AND POINT, our last trip to the beach we had filled our little aquarium with some sand and water and our 4 year old went hunting for "creatures". Low and behold, she found a washed up seahorse. Also perfect for night crab hunting and finding salamanders under rocks in the woods."



great for babies!



HABA Sand Bucket Scooter with sand wheels includes sieve, trowel, and mold. BPA, PVC, and Phthalate-free. 5 year guarantee. \$19.99

[scroll to the top](#)

OUTDOOR PLAY

Lofty Easy to Fly Kite \$19.99

Great for all ages it can be assembled in seconds. Just follow the instructions provided in your packaging. Play with it at the beach, in the backyard, at the park. A great outdoor toy.



Deuter Kid's Backpacks \$55 + shipping | perfect for hiking!



Non-slip splash pad. Made from PVC, however BPA and phthalate-free. \$50



Stainless steel cook set for outdoor mud kitchen! \$23.97

Inflatable pool is made from PVC, however has been safety tested + is phthalate, lead and BPA free. \$67 + shipping



Different styles + floaties are also available!

[scroll to the top](#)

SUN PROTECTION



Crunchi Facial Sunscreen

\$48 + shipping | [click above](#) for \$10 off \$50

Sunlight® Daily Facial Sunscreen Broad Spectrum SPF 30. Cutting edge non-nano zinc technology creates a lightweight, non-greasy, faster absorbing invisible finish. Crunchi also heavy metal tests! Does apply white, however oxidizes fairly fast while rubbing in. Rests beautifully under primer/foundation.

All Good Kid's Mineral Sunscreen

\$17 + shipping | "JUSTTHEALTERNATIVES" for 15% off

For face + body, water-resistant up to 80 minutes. Certified organic, made from mineral ingredients and non-nano particle zinc oxide. Hypoallergenic and coral reef friendly (great for beach days!) Adult + tinted options are also available.



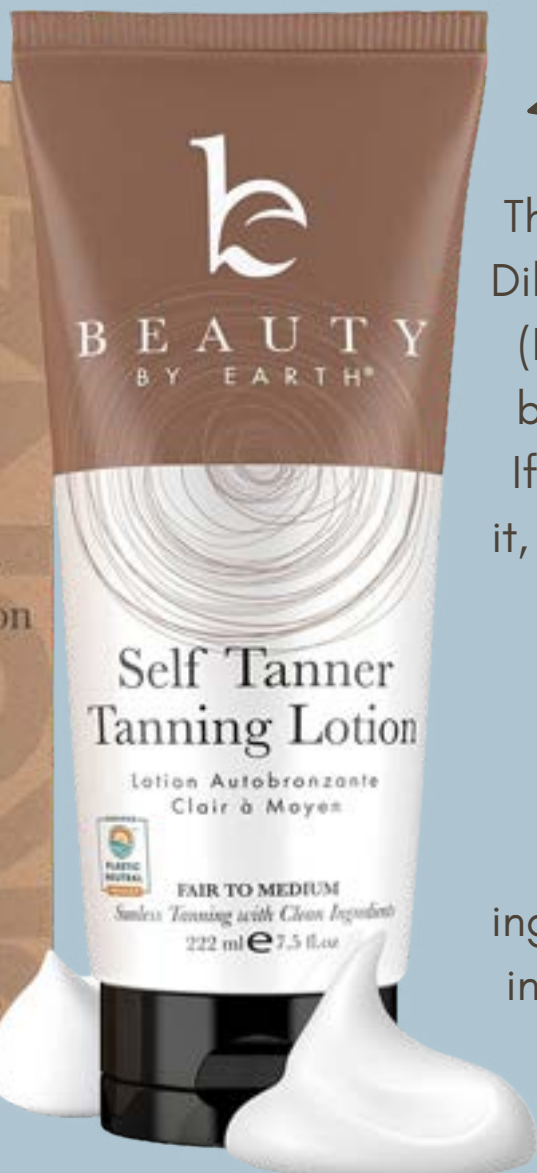
Toups & Co Sun Balm

\$17 + shipping "JUSTTHEINSERTS" for 10% off

Natural and tallow based Sun Balm with non-nano zinc oxide. Because of the nature of this mineral-based sun balm, a slightly white appearance may occur, but fades away minutes after light application + thoroughly rubbed in.



\$32.99



This does contain Dihydroxyacetone (DHA) which can be a skin irritant. If you'd like to try it, do a patch test first to observe any redness, itching, or rash. Also avoid inhaling or ingesting to avoid internal irritation.



\$24.99

Want a spray sunscreen? Try this one, however do not inhale due to the Octyldodecanol.



\$17.99

Stick option!



Rowe Casa Organics Sun Shield

\$16 + shipping
"JUSTTHEINSERTS" for
20% off your first order

Formulated with both non-nano, uncoated zinc oxide and non-nano titanium dioxide, these work together as a broad-spectrum blocker, protecting from UVA, UVB, and even UVC rays!

Rowe Casa Organics Bronzing Lotion

\$27 + shipping
"JUSTTHEINSERTS" for
20% off your first order

Need a temporary, non-toxic glow for an event but want to avoid the harmful ingredients commonly found in spray tans? This buildable Bronzing Lotion will have you looking your best for any special moment!



Allow to dry for 15 minutes before dressing. Darker clothing is recommended as product may transfer to lighter clothing. *This is a temporary bronzer and will wash/wipe away in the shower, pool, or with other liquids such as oils and lotions.

after sun care

Rowe Casa Organics After Sun Spray

\$21 + shipping | "JUSTTHEINSERTS" for
20% off your first order

Some sunburns can be so painful to the touch that you need a soothing spray to quickly cool and calm inflamed skin. Shake well. Spray generously on sunburned or chapped skin as needed for relief.



Rowe Casa Organics After Sun Balm

\$24 + shipping | "JUSTTHEINSERTS" for
20% off your first order

Summer can be so much fun, but we can all forget to reapply sunscreen. Rather than suffering with painful burns or using creams that don't work, try this amazing powerhouse blend that is soothing and restorative, offering pain relief and fast recovery.

BUG PROTECTION

[scroll to the top](#)



Greenerways Bug Repellent Spray

\$7.99 + shipping

Made from Organic Citronella Oil, Organic Lemongrass Oil, Organic Cedar Oil, GWO Soap Water. Kid-friendly, animal-friendly, good for clothing, hypoallergenic. Repels mosquitos with a citrusy sent.

Swallowtail Ridge Happy Camper Bug Spray

\$15 + shipping

Recommended for ages 3+ on skin and just on clothes/gear for younger children. Made from Purified water, extracts of farm-grown yarrow, lemon balm and mint in witch hazel*, aloe vera gel, neem oil*, essential oil blend (lemon eucalyptus*, lemongrass*, cedarwood*, rose geranium*, citronella*), borax.*organic ingredient



Want to try Apple Cider Vinegar? [Read more here!](#)

Natural Mosquito Repellent Wipes

Made with peppermint oil (caution if pregnant/breastfeeding). Great for travel or keeping in purse/backpacks.

\$29.95 + shipping for 50 wipes



Aunt Fannie's Fruit Fly Trap

\$7.98 + shipping

Tackles entire fruit fly populations. Perfect for kitchens and near compost bins. Contents are contained with low risk of spillage or exposure to kids/animals.

For homemade bug protection in the home + garden, [click here!](#)

Earth Kind Ant Pouches

\$4.49 + shipping

Use preventively in pantry. We keep this near any sweets that tend to attract sugar ants.



Wondercide Yard Spray

\$37.99 + shipping

Made from natural ingredients that won't inhibit bees + butterflies. Be sure to follow the directions carefully. This is better used for prevention.

[scroll to the top](#)

HIKING

Most hiking gear is extremely toxic, however here are some great resources that explain marketing + manufacturing terms to help you make an informed purchase:

[PFAS-Free Clothing + Gear](#)

[PFC-Free Options + DIY water-proofing](#)

[PFAS-Free Jackets + Raincoats](#)



Q for Quinn Lightweight Merino Wool Socks \$24 + shipping | "JUSTTHEINSERTS" for 10% off

These soft, breathable, anti-stink, moisture-wicking merino wool socks feel like second skin. Now with a terry cushion heel and toe, these socks will support you wherever you go! Temperature regulating and can be worn comfortably all year round! Made from azo-free dyes too. Comes in male + female sizing.

Homeopathic First Aid Kit

\$44.99 + shipping

Get Relief From: Bruises, Burns, Scalds, Bites, Stings, Sprains, Strains, Splinters, Wounds, Whiplash, Bleeding, Shock, Trauma, Distress, Fainting, Fractures, Concussion, Hypothermia, Chill, Sunburn, Heat stroke, Poisoning, Diarrhea, Allergic reactions and more



Tick Remover Tool

\$6.99 + shipping

Worried about ticks? Keep this on your keys or hiking backpack! Removes ticks - head and all- quickly and easily without mess. For use on both people + pets. Easy to use - makes it more comfortable, less upsetting to children and pets

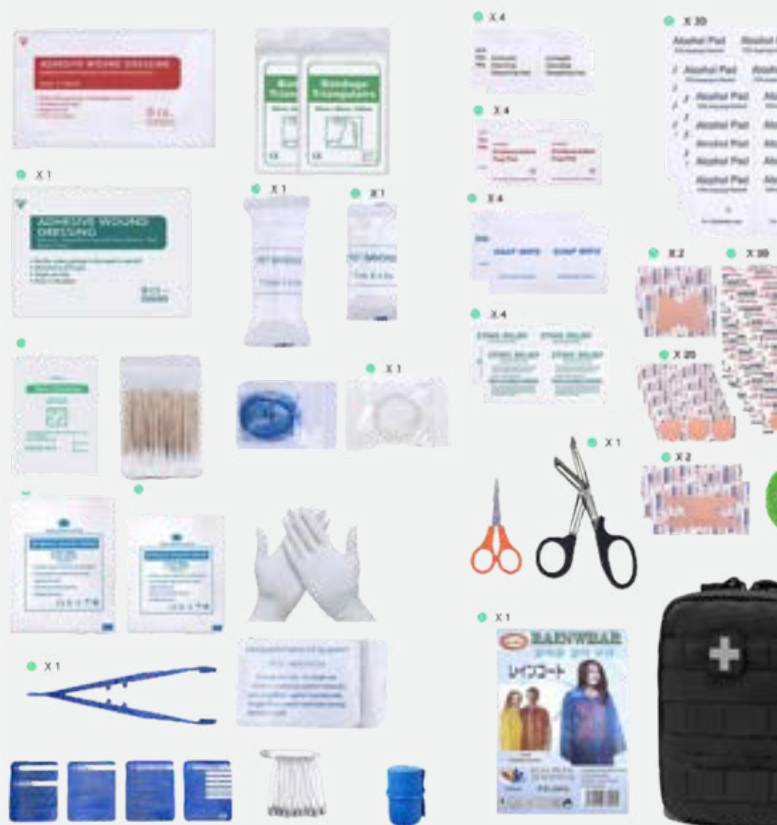


Medical First Aid Kit Utility Pouch

\$39.99 + shipping

180 essential medical supplies for backcountry expeditions.

Customized by U.S military veterans, field tested by ex-Army Sergeant, designed to get you well-prepared in an emergency situation.



[scroll to the top](#)

CAMPING

"Camping" looks different for everyone. For me, camping is in the middle of the wilderness with zero access to creature comforts such as indoor plumbing or any sign of electricity to pollute the night sky. For my husband, camping is in a RV or at a campsite with a public restroom. Since this is a vast category with equally vast needs, here are some great resources to find the best products for you + your next camping adventure.

Non-Toxic Sleeping Bags

Non-Toxic Tents



Water Storage Cubes \$21.74

Perfect to keep in your trunk for rinsing dishes, camp showers, and boiling water for cooking. In emergencies, we have filtered the water from these cubes if we didn't have easy access to a water source. Also, these are easy to carry for refills when you do reach a reliable clean water source.



Portable Radio + Solar Charger \$39.99

Depending on how you camp, this will be extremely handy if your car battery dies or don't have cell phone service to track weather hazards. I've used this at home when the power has gone out too.



Stainless steel + BPA-free cooking kit. \$59.99

Contains all the things that you will inevitably forget until you actually need them. Skip the flimsy plastic most camping kits have - cutting your food while balancing your plate on your knee sitting in a camping chair is hassle enough.



[scroll to the top](#)

GRILLING

solo stove



\$229

Wondering if this is worth the hefty price? After two years of having our solo stove, our family thinks it is worth every penny! We have a large propane grill, however have opted to use our solo stove every time we grill.

We have the ranger size with the additional grill top attachment. The base is stainless steel + the grill top is cast iron. Our main reason for getting the solo stove was to have a propane-free option that could also be used safely on Trex decking.



Solo Stove also has a cast iron griddle + wok for stir frying.



Need firestarters? We make our own with egg cartons, lint, and a little bit of wax. Keep a mason jar in your laundry room to put lint from your dryer. When you have enough lint, fill each empty egg section with lint and little bit of melted wax. Once cooled, use scissors to cut each section and keep stored for your next fire.



Don't want to make your own? Here's a great option! Whatever you find, check to make sure chemicals weren't used and the material hasn't been treated.

\$24.90 for 70 pieces

We've also had this stainless steel grilling set for several years. Works great, cleans easily, and stores well in the off season. \$28.69



[scroll to the top](#)

SUMMER PREGNANCY

Third trimester in the heat of summer is pregnancy on hard mode. Here are a few things that might help you feel more comfortable:



Simply Organic Bamboo

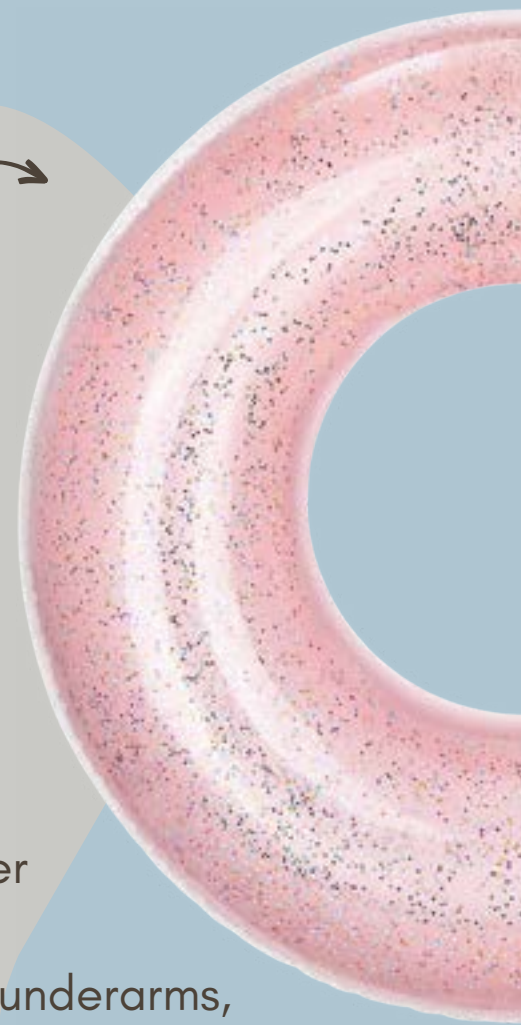
Bedsheets \$179 - \$249

"JUSTTHEINSERTS" for 20% off

Pregnancy insomnia is the absolute worst + sweating in your sheets while tossing and turning is even worse when all you want is some sleep. These sheets are naturally cooling and incredibly soft! My husband also said that his beard doesn't catch in the fibers.

Circle Float Tube \$12.99

This isn't for the pool. This is how you can lay on your stomach when your back is hurting and you need some relief! Have someone inflate this ring for you then lay on your bed or the floor. Cover the tube with your favorite blanket, then carefully lower yourself belly-down on top of the tube. Enjoy the release!



Rowe Casa Organics Deodorant

\$12.50 | "JUSTTHEINSERTS" for 20% off first order



Sure, you could use for your underarms, but this can actually be used for under breasts + inner thigh chaffing! Glide this non-toxic deodorant on before leaving the house to prevent any irritation in the summer heat.

Frida Mom Relief Tape \$19.95

Belly bands are great until the added fabric make you sweat in the summer heat! This tape is waterproof + made from cotton with medical grade adhesive for gentle removal. Perfect for reducing lower back, round ligament, and pelvic pain.



Keep this inflatable ball deflated for a pelvic release while sitting. Place the deflated ball on your chair (or car seat) and sit on top of it. This will relieve pressure off your tailbone + allow a little mobility while driving over speedbumps or rocky terrain. \$14.99

\$51.99



I'm almost two years postpartum + I still sleep with my pregnancy support pillow every night! This one is made from 68% Cotton + 27% Nylon + 5% Spandex. The pillow case, cover and fill are tested under OEKO Tex Standard 100 for harmful chemicals and allergens. Comes in 12 different colors.

Get a few breathable dresses to wear on repeat. These ones are made from 100% organic cotton + breastfeeding-friendly so you can wear them when babe arrives. Add some biker shorts underneath for chasing your oldest around the park too!



\$139



\$99

\$34



Made from 100% organic cotton terry

\$95



Made from 80% polyamide/nylon 20% elastane, however is OEKO-TEX certified.

\$59



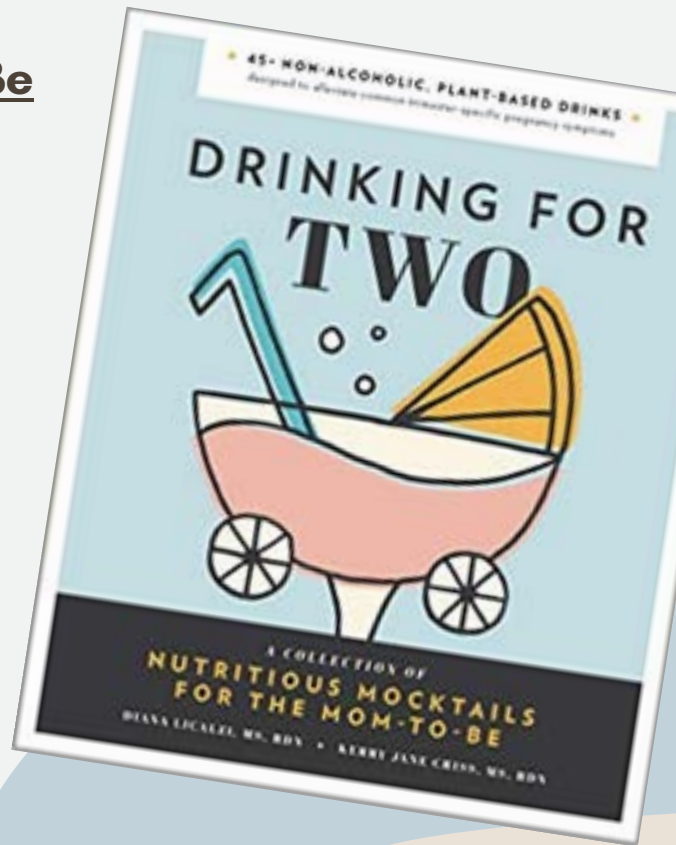
preview

Keep an eye out for a full pregnancy + breastfeeding guide!
Here's a little preview of motherhood essentials:

Nutritious Mocktails for the Mom-To-Be

\$14.59 + shipping

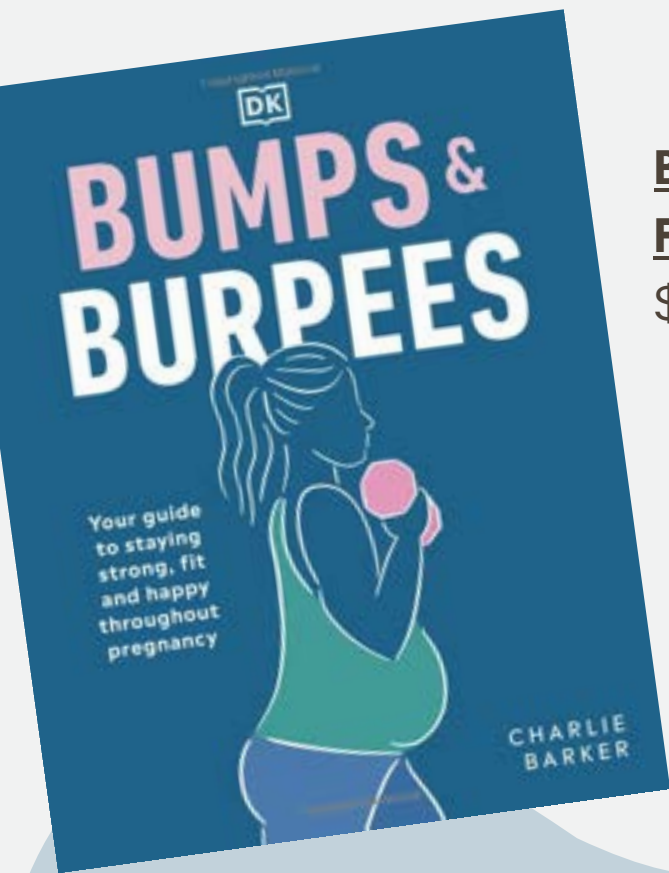
Featuring 45+ delicious recipes with everyday ingredients that deliver essential nutrients + antioxidants for mom and baby. Addresses common pregnancy symptoms like nausea and swelling. Includes "No Way Rose," "Mocktail Mule," and "Sour Mock-a-rita."



Bumps + Burpees Guide to Strong, Fit, and Happy Pregnancy.

\$19.99 + shipping

Birth is a physical event that demands muscular strength + flexibility. Prepare for childbirth (and recovery) your entire pregnancy with these trimester-specific exercises. All can be done at home with minimal or no equipment!



Rowe Casa Organics Scar Stick

\$20 + shipping | "JUSTTHEINSERTS" for 20% off your first order

For c-section scars, have these on hand!



1

Cayenne Pepper
rich in vitamins and antioxidants and is a soothing anti-inflammatory, anti-fungal, anti-allergen

Eucalyptus
boosts circulation, strong anti-inflammatory

Arnica
increases circulation, reduces pain and swelling, speeds recovery and is used as an arthritic remedy.

\$15 - \$29

Scar Prevention + Treatment
The earlier you treat potential scars the better the results. Do not use on open wounds. Wait until a scab has formed. Apply a few drops to scab/scar, ideally AM + PM



Mangata Apothecary Postpartum Sitz Bath \$13.99

Made from healing botanicals like Comfrey, Witch Hazel, and Rosemary. Helps treat wounds, reduce inflammation + skin irritation, and promotes skin metabolism. Click [here](#) for her free ebook!



[scroll to the top](#)

SCREEN-FREE SUMMER

Need some inspiration? Here are some great resources! Click on each logo for hundreds of screen-free kid activities for summer:

Simply Well Balanced
SIMPLE IDEAS FOR
HOME|FAMILY|FUN

The **PURPOSEFULMOM**
FINDING GRACE-FILLED CONFIDENCE IN THE CHAOS

[Hand Clapping Games](#)

[Sidewalk Chalk Games](#)



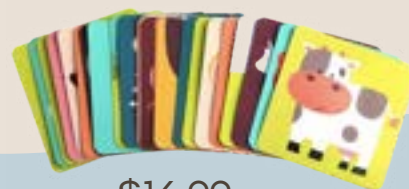
Age 3+
\$44.99



Age 4-6 \$24



\$14.39



\$16.99

Age 6-10 \$11.99



Age 7-12 \$24.97

SMOL bounce house



\$519 + shipping

Have a tween?
[Here are 40 screen-free activity ideas!](#)

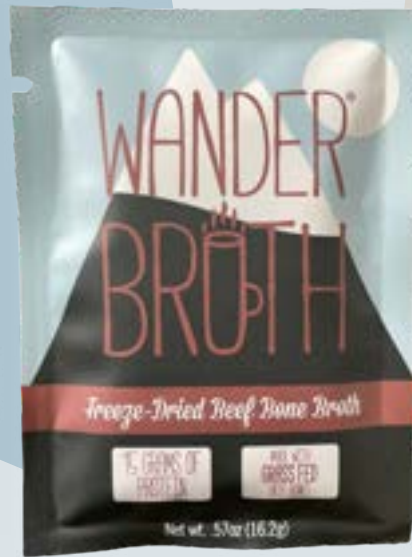
[scroll to the top](#)

BULK SHOPPING

Don't want to purchase from a bunch of different websites? Here are a couple places you can shop for the bulk of your health needs.



With over 220 products + free shipping with orders over \$150 (use discount code "FREESHIP"), this is a great option for those looking to limit multiple checkouts! Here are some products:



\$24.50





With the newest product launch, Rowe Casa Organics now offers over 260+ products for the home + body. From cleaning supplies to pet care to natural alternatives, Rowe Casa is the best one stop shop for all your non-toxic needs. **For 20% off your first order, use discount code "JUSTTHEINSERTS" at checkout.**

cleaning



wellness



skincare



hormones



\$79 for women's kit



baby



\$85 for bundle



\$48 for bundle

hair care



pets



\$69 for bundle

laundry



\$52 for bundle

sleep



\$83 for bundle

[scroll to the top](#)

NON-TOXIC BEAUTY

Click [here](#) to learn about non-toxic beauty basics. The following three brands are great options for those looking to limit toxic exposure!

Toups & Co ORGANICS

"JUSTTHEINSERTS" for 10% off

Lip Stick \$25.20 w/ discount

Concealer \$25.20 w/ discount

Cheek Tint \$27 w/ discount

Mascara \$23.40 w/ discount

Cream Luminizer \$25.20 w/ discount

Foundation \$43.20 w/ discount

WITHSIMPLICITY™

"JUSTTHEALTERNATIVES" for 15% off

Pressed Blush \$23.80 w/ discount

Bronzer \$37.40 w/ discount

Lip Gloss \$20.40 w/ discount

Setting Spray \$20.40 w/ discount

Liquid Eyeliner \$20.40 w/ discount

Foundation \$32.30 w/ discount

W/S

CRUNCHI®

SMART.CONSCIOUS.BEAUTIFUL

Click logo above for \$10 off \$50

Allergen Free Luxury Makeup Brushes \$30 - \$50 per brush

The Flat Top Brush is perfect for applying foundation!

Blush \$36

Waterproof Eyebrow Pencil \$26

Foundation \$42 w/ discount (click on logo)

submit a product

Know something that would be a good fit for the **Fall** Product Guide?

[Click here to submit it!](#)

I'm looking for products that prioritize organic, non- or low-toxic materials, and will contribute to a healthy + happy lifestyle.

HERE ARE THE PENDING FALL 2023 SECTIONS:

- * back to school
- * fall weather clothing
- * baking + cooking
- * tailgating
- * mocktail essentials
- * nourishing lattes
- * must read books
- * non-toxic crafts
- * immunity boosting tips
- * how to make your own products

Have an idea? Let me know!

Thank you again to all the brands offering discount codes. You are greatly appreciated!