

Beauty products/Lotions .....P2

Here's Linda Prinster's list from HCG Weight Loss Cure Guide I'm only listing what can be gotten easily at Discount stores and drug stores: (This list has also been supplemented by comments by forum members in *Italics*)

1. Cosmetics: Oil free base/foundation, Max Factor Pancake, Bare Minerals, *Mineral type makeup, concealer-coverderm plus powder, Maybelline Oil Free foundation*

2. Deodorants: Baking Soda, Crystallux Crystal Deodorant, Crystal Deodorant Stick, *Secret, men's old spice, antiperspirant gels, aerosol antiperspirant*

3. Face Soaps/Make Up removers: Neutrogena Oil Free Cream Cleanser, Witch Hazel, [i]Neutrogena Oil-Free Acne Wash - I use it for body wash, face wash and hand cleaning[/i]

4. Skin/Lip Moisturizers: Alba Oil Free Facial Moisturizer, Aloe Vera 100% Gel, Baby Oil, Corn Husker's Lotion, Curel Continuous Comfort, Fragrance Free, Mineral oil, Neutrogena Oil Free Facial Lotion, St. Ives Vanilla Lotion, Coconut Oil (Cold pressed, not expeller pressed) but Coconut oil..some participants think is acceptable: others disagree strongly, use sparingly and note on your chart to determine if this slows your weight loss, *Ponds face moisturizer, oil of olay for sensitive skin at night only.*

5. Shampoos and Conditioners: Natures Gate Aloevera, (many wear gloves while applying conditioner and don't let it touch their scalp), *Pantene shampoo and conditioner, Garnier Melting Masque and Herbal Essences Self Adjusting, Pureology Shampoo/Conditioner (pink bottle)*

6. Soap: Baking Soda, Dial, Ivory, Jason's, Zest

7. Sunscreen: Aveeno Oil Free Sunscreen, Coppertone Oil Free SunBlock Lotion for Faces SPF 30, Coppertone Oil Free Sun Block Lotion, Ocean Potion Sport Extreme Sun Block Water& Sweat,

8. Toothpaste: Baking Soda, Tom's of Maine Toothpaste

9. Lotion: Baby oil, Corn Huskers' oil, *Neutrogena Oil free Moisture*

10. Lips: *Carmex*

Note: Pay the most attention to products that have oil and are rubbed into and quickly absorbed by the skin, such as lotion, liquid foundation, antibiotic creams (Neosporin, diaper rash ointments) It is NOT necessary to by most of these items to successfully lose weight. Most participants use their same deodorant, soap, shampoo, conditioner and toothpaste with great results. Most participants do use and oil free or powder foundation OR avoid makeup for the low calorie diet days. Most participants avoid skin and lip

moisturizers as much as possible. For extremely dry hands, participants report decent relief from applying baby oil and gloves before going to bed at night.