

One of the things that we've been frustrated with, here at Safe Mama, was what seemed like a lack of safe baby skin care products. Hence, the first version of the [Paraben and Phthalate Free Bath Care Cheat Sheet](#). As we were searching we realized that there actually *are* a lot of really great products out there, and so we compiled as many of them as we could find, and put them all in one [central location](#) for our readers to peruse. A few things to note:

1. Not every single product that's out there, is going to be on this list. We've found tons of stuff, and have turned over many stones, but I'm sure there are some out there that we've missed. That said, if you're using a product that's safe, and it isn't on here, please email us or comment and we'll research the product add it to the list.
2. If your product isn't on here, it may be because it didn't meet the requirements for this spreadsheet. All of the products listed on here are **free of parabens, sodium laureth sulfates (SLS), phthalates, 1,4 dioxanes, propylene glycol, and PEG's**. The who? The what? We've outlined briefly what these are and why you might not want them in your child's skin care in the [glossary](#).
3. **Safety Rating:** In addition to that, we crossed referenced these products with EWG's [Cosmetic Safety Database](#) and added the score to each product on the sheet. Not every product, unfortunately, is in the CSD, however, that doesn't mean that it's a bad product, but you'll have to decide for yourself whether or not you feel comfortable using it.
4. Not all products that are manufactured by these companies have been listed. We kept this simply listed to baby skin care, and products that a person might use during pregnancy or breastfeeding, and we noted each product as such. Again, it's not that the other products are bad, it's just that, well, this is list already very long, and the website is called Safe Mama after all.
5. At the time of this publication, we hadn't heard back from a couple of the companies. We're pretty sure that California Baby is free of dioxanes, but because we hadn't heard back from them after a few attempts at contact, we decided to put "unknown." We'd rather be safe than sorry.

We hope you'll find this spreadsheet useful. We wanted to make sure that the Mamas (and the Daddys) know that there are lots of options out there for your little ones skin care needs. The link to this sheet will also be added to the sidebar. If you have any questions regarding these ingredients, please refer to our [glossary](#).

You can download the [SafeMama Safe Baby Skin Care Cheat Sheet \(pdf\) here](#).

Once you've chosen safe bath products, make sure your bath toys are safe too. Check out [Z Recommends](#) for their [Guide to Safer Bath Toys](#). *squeak*

Related articles:

- [More Phthalate Talk: Unscented Doesn't Mean Safe](#)
- [Cheat Sheet: Paraben and Phthalate Free Baby Products](#)
- [Product Review: Nature's Baby Organics](#)