



**Let's Be Toxin Free!**



*Compiled by,*







**Dear friends,**

**We're happy to extend this basic guideline for a toxin-free home !**

You might be knowing that 70% of the pollution load comes from domestic waste, particularly from **toxic chemicals used in everyday cleaners**. These can easily be replaced with nature friendly products.

Adopting a toxin-free lifestyle is essential, especially if you live in a natural setting, or have a second home or resort in rural areas. However, even in urban areas where pollution and chemical exposure are prevalent, it becomes more critical to make these choices.

Here are a few suggestions for a **toxin-free lifestyle, along with DIY recipes** using natural ingredients !

We'd love to hear how your transition to a toxin-free lifestyle is going ! We would also love to have your feedback or suggestions for this guideline !

**Regards,**

**Manasi & Ketaki**

**with team oikos !**





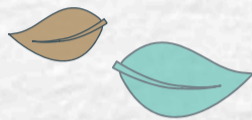
## Disclaimer :

We **do not** intend to promote the listed brands; we've mentioned these products here just for your convenience in making quick purchases. **There may be additional options available in the market** which we may not know. Our team have reviewed the ingredients of these products, and some have been used by our team members. However, please double-check the ingredients before ordering to ensure they are labeled as 'toxin-free'. It's beneficial to **source products locally**, knowing the manufacturer or dedicated individuals around you who make similar products or enzymes.



[All product links are clickable leading to specific product page !](#)





**We strongly encourage you to make it a habit to review the ingredients of any product before purchasing, to become a “*conscientious consumer*”.**

This practice ensures you make informed choices that align with your values and support your health & environmental goals. Do refer to the partial, ready-to-refer list of toxic chemicals to be avoided given at the end for your convenience.





# FLOOR CLEANER



Chemicals



## Products available in market :

- RusticArt : [Organic Neem Floor Cleaner](#)
- Beco : [Natural Floor Cleaner Liquid](#)
- Green Win : [Floor-cum-Toilet Cleaner](#)
- Born Good : [Floor Cleaner Liquid](#)
- Koparo : [Natural Floor Cleaner](#)

## DIY recipe :

- [Livesimply](#)
- [Wellnessmama](#)





# DISH CLEANER



Chemicals



## Products available in market :

- Gokhale Herbals : [Herbal Dish Washing Liquid – Gel](#)
- Praana Poorna : [Natural Vessel Cleaner](#)
- Beco : [Natural Dishwash Liquid](#)
- Green Win : [Dish Wash](#)
- Adrish : [Natural Dishwash Powder](#)

## DIY recipe :

- [Jeevitnadi](#)
- [Home Grown Hopes](#)





# HANDWASH



Chemicals



## Products available in market :

- Rustic Art : [Orange Neem Hand Wash](#)
- Arani Eco : [Spearmint Hand Wash](#)
- Born Good : [Gentle Foaming Hand Wash](#)
- Koparo : [Hand Wash](#)
- Chirp Store : [Hand Wash](#)

## DIY recipe :

- [DIY Natural](#)
- [The Crunchy Ginger](#)





# LAUNDRY DETERGENT



Chemicals



## Products available in market :

- Ojasya : [Reetha Laundry Detergent](#)
- Wild Ideas : [Laundry Liquid](#)
- Adrish : [Natural laundry Liquid Wash](#)
- Stithi-Eco : [Laundry Detergent](#)
- Arani Eco : [Spruce Pruce Laundry Powder](#)

## DIY recipe :

- [Jeevitnadi](#)
- [Boots and hooves homestead](#)





# TOILET CLEANER



Chemicals



## Products available in market :

- Rustic Art : [SaniClean - Toilet Cleaner](#)
- Turil : [Turil Toilet Cleaner](#)
- Chirp Store : [Toilet Cleaner](#)
- Koparo : [Natural Toilet Cleaner](#)
- Stithi-Eco : [Sthiti ECO - Sanitary Cleaner](#)

## DIY recipe :

- [Soil and health](#)
- [Nobroker](#)





# INSECT REPELLENT



Chemicals



## Products available in market :

- Praana Poorna : [Mosquito Repellent Spary](#).
- CamPure : [Camphor Liquid Vaporiser](#)
- Praana Poorna : [Pest Control Spray](#).
- Goli Soda : [Tree Wear Insect Repellent](#)
- Born Good : [No Pests Kit](#)

## DIY recipe :

- [Insect Repellent](#)
- [Naturally Yours](#)





# BODY WASH

NATURAL

Turmeric



Besan

Chemicals



## Products available in market :

- Rustic Art : [Floral Shower Body Wash](#)
- Adrish : [Natural Lavender Bodywash](#)
- Wild Ideas : [Hand Made Soap](#)
- Earthy Sapo : [Neem Special Bathing Soap](#)
- Brownliving : [Handmade Bath Soap](#)

## DIY recipe :

- [Jeevitnadi](#)
- [Body Wash](#)





# HAIR WASH



Chemicals



## Products available in market :

- Rustic Art : [Amla Shikakai Shampoo Bar](#)
- Earthy Sapo : [Shikakai & Multani Shampoo Bar](#)
- Goli Soda : [All Natural Probiotics Shampoo Bar](#)
- Praana Poorna : [Natural Shampoo](#)
- Adrish : [Natural Hibiscus Shampoo](#)

## DIY recipe :

- [Our Oily House](#)
- [HK Vitals](#)





# TOOTHPASTE

NATURAL

Dant Manjan



Chemicals



## Products available in market :

- Arani Ecosteps : [Mintoo Blueberry](#)
- Adrish : [Dant manjan](#)
- Green Pharmacy : [Marble Tooth Powder](#)
- Arani Ecosteps : [Clove Toothpaste Tablets](#)

## DIY recipe :

- [Jeevitnadi](#)
- [Natural Tooth Powder](#)





# TOOTHBRUSH

NATURAL

Neem Twigs



Artificial



## Products available in market :

- Arani Ecosteps : [Bamboo Toothbrush](#)
- Adrish : [Bamboo Tooth Brush Kids Charcoal](#)
- Bamboo India : [Bamboo Toothbrush Natural](#)
- Organicb : [Soft Pointed Bristles from Castor Oil](#)

[Pure Mao Bamboo Toothbrush](#)





STAY VIGILANT  
FOR OUR HEALTH!

We have shared a partial list of alternatives. Make it a habit to review the ingredients of any product and make a conscious choice based on that information. It's important to be mindful of the products we use and their potential impact on our well-being.

Here is a list of chemicals commonly found today in shampoos, cleaners, soaps, and detergents that are best to avoid.

**Parabens:** Methylparaben, ethylparaben, propylparaben, butylparaben, isopropylparaben, isobutylparaben

**Sulfates (SLS/SLES):** Sodium lauryl sulphate / Sodium lauryl ether sulfate / Sodium alkylethersulfate / SLES / Sodium monododecyl sulfate / Sodium monolauryl sulfate / Sodium dodecanesulfate / Dodecyl alcohol / Dodecanol / Hydrogen sulfate / Sodium salt / n-dodecyl sulfate sodium / Sulfuric acid monododecyl ester sodium salt

**Phthalates:** Diethylhexyl phthalate (DEHP)

**Triclosan:** Found in antibacterial products, it may contribute to antibiotic resistance.

**Formaldehyde:** A preservative

**Artificial Fragrances:** Often contain undisclosed chemicals

**Propylene Glycol:** 1,2-dihydroxypropane, 1,2-propanediol, methyl glycol, and trimethyl glycol







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