

Acceptable products for the Simeons Diet

Shampoo: Neutrogena/ Finesse Self Adjusting

Conditioner: No more Tangles (Johnson & Johnson)

Body/Face Soap: Ivory bar soap/Mary Kay Timewise body bar

Hand Sanitizer: Bath and Body Works waterless hand foam

Toothpaste: Tom's toothpaste (Publix)

Baking Soda and water

Listerine - mouthwash

Spry toothpaste

Deodorant: Crystal deodorant (wet crystal and apply)

Baking soda

Rubbing alcohol on a cotton ball

Certain Dri (Publix)

Lotions: Mary Kay Visibly Fit Body Lotion

Mineral Oil/baby oil

Hair Products: Alcohol based/L.A. Looks gel

Over the counter Medications: Ibuprofen/Aspirin

All prescription medications

Makeup: Powder based or mineral based foundation

Mineral based or oil free blush, bronzer, and powder

Neutrogena lash tint mascara

Almay intense i-color eye shadow

Water-based eyeliner

All lipsticks and brow pencils

Non-Acceptable Products

Chewing gum/mints

Chapstick/Vaseline/lip gloss

Over the counter cough syrups and or cold medicines

Tylenol

Massage oils

NO OILS/BUTTERS/GREASE/FATTY SUBSTANCES

* Please use gloves when:

Cooking for others, washing dishes, putting creams and ointments on your children, bathing children and pets.

Patient signature: _____ Date: _____