

Leila Bela

A LOW-TOX SWAP GUIDE

The Clean Swaps

The exact products I use on my skin, hair, and body.

These are the clean / low-tox products I actually reach for and have personally used for years. Everything here is fragrance-free, gentle enough for sensitive skin, and one click away on Amazon. And you DO NOT need to toss your whole cabinet this weekend... The best way to implement this is to swap one thing as it runs out, and continue to do this. Also, there is a grocery cheat-sheet at the end too, for when you are reading labels in the store!

@BYLEILABELA

START HERE

How to use this

The goal is **fewer synthetic fragrances and shorter ingredient lists**, over time. Every product here earned its spot by being something I use and love.

THE ONE RULE

Fragrance is the first thing I swap. On a label, **"fragrance" or "parfum" is a legal catch-all** that can hide dozens of undisclosed ingredients / endocrine disrupters.

ONE WORD WORTH KNOWING

"Unscented" is not the same as "fragrance-free." Unscented can still use a masking scent to cover the smell of the other ingredients. Fragrance-free means none was added (or if you check the ingredients, no "fragrance" words should be on there).

How to read a personal-care label

A few things to keep an eye out for, the biggest no-nos:

- **Fragrance / parfum.** The big one. A single word that can stand in for a long list of undisclosed ingredients. Fragrance-free is the friendlier pick.
- **Phthalates.** Often tucked inside that "fragrance" line, which is one more reason going fragrance-free handles it.
- **Where "unscented" hides.** "Unscented" can mean a masking scent was added to cover a smell. The words that mean none was added are **fragrance-free**.
- **Shorter list, words you recognize.** The same rule that works at the grocery store works in the bathroom. When two products are otherwise equal, reach for the shorter one.

None of this is about fear. It is about knowing what you are looking at, so a cleaner choice feels like second nature instead of a research project.

Body & hair

The everyday basics, all fragrance-free. This is the easiest place to start because you replace these the most often anyway.

BODY WASH



Dr. Bronner's Pure-Castile Liquid Soap

One honest bottle. Baby Unscented is fragrance-free castile soap that lathers with plant oils and rinses clean, no synthetic detergents. A little goes far, so I water it down in the shower and it lasts forever.

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HAIR



Desert Essence Fragrance-Free Shampoo & Conditioner

Sulfate-free, fragrance-free, and gentle enough for a sensitive scalp. Jojoba and green tea do the softening instead of a heavy scent, so my hair feels clean without that stripped, squeaky feeling.

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DEODORANT



Thai Crystal Deodorant Mist

A mineral-salt spray with no aluminum chlorohydrate, no parabens, and no synthetic fragrance. My trick: mist it on straight after the shower and wipe it off with a towel, and it holds all day. The one clean-swap that people are most surprised actually works.

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Mouth



TOOTHPASTE

Davids Nano-Hydroxyapatite Toothpaste

Fluoride-free and SLS-free, with nano-hydroxyapatite (the mineral that tooth enamel is made of) doing the work instead of fluoride. Real peppermint oil, a short list, and a recyclable metal tube. This is the one I switched to.

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Fluoride is a personal call, so talk to your dentist about what is right for you. I reach for the fluoride-free version and my routine has felt great on it.

Face

The routine that changed my skin.

This is the part people ask me about the most. Four fragrance-free, alcohol-free products, used in this order morning and night. Since I simplified down to these, my skin has never looked more even or felt more calm. Nothing harsh, nothing stripping, just quiet consistency.

1 Cleanse

2 Tone

3 Serum

4 Moisturize

STEP 1 · CLEANSE



S.NATURE Aqua Rice Foam Cleanser

A soft rice-foam cleanser with an EWG green-grade list. It takes the day off without that tight, over-washed feeling, so my skin feels clean and still comfortable. Fragrance-free and vegan.

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STEP 2 · TONE



Anua Rice 70 Glow Milky Toner

A milky rice-water toner with niacinamide and ceramides. I pat a few drops in after cleansing and it preps my skin so everything after it sinks in better. This is the glass-skin step. Fragrance-free.

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STEP 3 · SERUM

Torriden Dive-In Low-Molecular Hyaluronic Acid Serum



The one everyone knows for a reason. Five weights of hyaluronic acid, lightweight and fast-absorbing, no sticky finish. This is my hydration step and it plumps everything up. Fragrance-free and alcohol-free.

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STEP 4 · MOISTURIZE

Torriden Dive-In Soothing Cream



A gel-cream that seals it all in without feeling heavy or greasy. It calms any redness and leaves my skin bouncy instead of coated. The soft landing at the end of the routine. Fragrance-free.

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Suncare

I only use mineral sunscreen, and only non-nano zinc.

DAILY SPF



Sky and Sol Mineral Sunscreen SPF 50

A grass-fed tallow base that actually sinks in, at SPF 50 and fragrance-free, with a list short enough that I can read the whole thing on the tube. It blends without the chalky white cast I kept running into with other mineral formulas, so I reach for it.

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My whipped body butter

I make this one myself for only my body. It does wonders and I've never looked back. Also a great and loving gift for others :)

Store lotion is where hidden fragrance / harmful chemicals love to live, so this is the swap I make from scratch. Three whole ingredients and a little vitamin E. The trick to creamy instead of oily is the **ratio and the whip**, so follow the proportions and do not skip the cool-and-whip at the end. Links to all the products I use at the bottom!

What goes in

- 1/2 cup raw shea butter
- 1/4 cup raw cocoa butter
- 1/4 cup coconut oil
- 1 tsp vitamin E oil

More butter than oil is what keeps a creamier consistency.

How I make it

1. Melt the **shea and cocoa butter** together in a double boiler over low heat, gently, until just liquid.
2. Take it off the heat and stir in the **coconut oil** last, so it melts from the residual warmth instead of overheating.
3. Stir in the **vitamin E oil** at the very end.
4. Chill the bowl in the fridge for about **30 to 45 minutes**, until the edges turn opaque and it is soft-set, not fully hard.
5. **Whip it with a hand mixer** for 2 to 3 minutes until it is light and fluffy, then spoon into a clean glass jar. That whip is what makes it creamy instead of oily. Amber glass keeps the oils from oxidizing in the light.

[Raw shea butter ›](#)[Raw cocoa butter ›](#)[Virgin coconut oil ›](#)[Vitamin E oil ›](#)

Amber glass jars ›

At the grocery store

Building your BS radar skills.

Low-tox doesn't only apply to household / beauty products. The exact skill that works on a shampoo bottle works on a cereal box: **flip it over and read the ingredients**. The front of the box is marketing. The back is the TRUTH. Here is what I reach for and what I avoid.

Reach for

- Whole, full-fat milk and yogurt, plain
- Butter, olive, avocado, and coconut oil
- Grass-fed and pasture-raised when the budget allows
- A **short list of words you recognize** and can read.
- Real cane sugar, honey, or maple, in small amounts
- Whole fruit, whole vegetables, single-ingredient bags

Avoid

- Soybean, canola, corn, and "vegetable oil"
- "Natural flavors", a legal catch-all
- High-fructose corn syrup
- Artificial dyes (Red 40, Yellow 5 & 6, Blue 1)
- Artificial sweeteners (aspartame, sucralose)
- A paragraph of words you cannot pronounce
- Gums

THE FIVE I SKIP MOST

- **Soybean & "vegetable" oil.** On a label, "vegetable oil" almost always means soybean, canola, or a seed-oil blend, the most processed and most common fat hiding in packaged food. I cook with butter, olive, avocado, or coconut instead.

- **"Natural flavors."** One tidy line that can legally stand in for dozens of undisclosed extracts and additives. Not alarming on its own, but fewer mystery terms is always a nicer sign.
- **High-fructose corn syrup.** A cheap sweetener that tends to travel with the more processed products. Cane sugar, honey, or fruit lower on the list is the friendlier version.
- **Artificial dyes.** Color that came from a lab, not from food. The easiest thing to spot and swap, and the organic version of the same snack almost never has them.
- **Artificial sweeteners.** Aspartame, sucralose, ace-K, common in "zero sugar" and "light" drinks. Worth noticing, especially on anything for kids.

WHY I BUY WHOLE MILK

When the fat is skimmed out, the **fat-soluble vitamins go with it**, and vitamins A, D, E, and K actually need fat to absorb. Full-fat also keeps me fuller longer, so it also minimizes any cravings for more and that munchy never-full feeling. I buy it **plain and whole** and add my own fruit or honey. Flavored cups are often where brands sneak in gums and added sugar.

THE ONE RULE, AGAIN

When two products are otherwise equal, reach for **the one with the shorter list of words you can pronounce**. That single habit does most of the work, in the bathroom and the kitchen both.

None of this is about fear or cutting the joy out of food. It is about knowing what you are looking at, so a better choice feels effortless.

Protein powder

The one I would change first.

Protein powder is the swap I put off the longest, and it is the one I would change first now. In 2025 the Clean Label Project tested 160 of the best-selling powders in the US. Nearly half went over at least one federal or state safety threshold for heavy metals, and about a fifth came in at more than double California's Prop 65 limit for lead.

The pattern underneath that number is what actually changed how I shop. Plant-based powders carried roughly three times the lead of whey-based ones, and chocolate came in far higher in cadmium than vanilla. Both make sense once you know that plants and cocoa pull metals up out of the soil they grow in. The powder is only as clean as the dirt behind it.

I am not telling you protein powder is dangerous. I am telling you that almost no brand shows you what is in the tub. That is the only question I ask now: do they third-party test for contaminants, and do they publish the certificate.

DAILY PROTEIN · 20G

Lineage Animal-Based Complete (Chocolate)



Grass-fed milk and whey with organs, colostrum, and real fruit, and no gums, fillers, or artificial sweeteners. They test every ingredient for 300+ contaminants and publish the COAs right on the product page, which is the part that sold me. For the chocolate they screened more than a dozen cocoa sources and picked the one lowest in heavy metals. This is the tub on my counter.

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SNACK · 20G PROTEIN



The Lineage Protein Bar (Coconut Macadamia)

Toasted coconut, macadamia, and vanilla, with 20g of grass-fed protein under 200 calories. No sugar alcohols, gums, or fiber syrups, so it does not sit heavy. Same testing standard as the powder. This is the one that lives in my bag.

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My link takes 15% off with the code LEILA10 at checkout. It opens the full shop rather than a single product, so pick your flavor and size from there.

Clothing

The swap nobody talks about.

This one took me the longest to see. Performance fabric is where PFAS live, the water-repellent and odor-resistant coatings that do not break down. Dyes and wrinkle finishes sit in the same category. You wear all of it warm, damp, and pressed against skin for hours at a time.

I donated the pieces I did not feel aligned with anymore, and I replaced the rest as they wore through, starting with what sits closest to me all day, which was underwear. Now when I put on polyester I can feel the difference. It is restrictive in a way I did not notice until I stopped wearing it.

EVERYDAY BASICS



Allwear

Organic cotton hoodies, crews, and sweat shorts, certified free from PFAS, pesticides, and toxic dyes. They publish the standard instead of gesturing at it. Sizes run XXS up, and the pieces hold their shape after a lot of washes.

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ACTIVEWEAR & UNDERWEAR



Organic Basics

A Copenhagen brand doing underwear, activewear, and the plain layers I reach for without thinking. Lower-impact materials, and the fabric still feels soft rather than stiff. This is most of my drawer now.

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UNDERWEAR & PAJAMAS



Skin Worldwide

Organic Pima cotton, which is longer-staple than standard cotton, so it wears in instead of pilling. The Genny thong is the one I buy on repeat, and their pajamas are the best I own.

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LEILA10 takes 10% off at Allwear, and my Organic Basics link takes 10% off at checkout.

Skin Worldwide is not an affiliate link. I include them because I wear them.



Start with one swap

You do not have to change everything to change something. Pick one swap this week, let it become your new normal, then reach for the next. Low-tox living is not a rulebook you follow perfectly.

It's about creating a new standard of defaults you and your families can reach for.

If this made your cabinet feel a little lighter, come find me. I would love to know which swap you are starting with.

If this resonated with you, and you want to live a more holistic life and glow up from the inside out, that's exactly what I do with my girls.

DM ME HOME ON INSTAGRAM

Send me the word HOME on Instagram and I'll take it from there.

@BYLEILABELA

This guide is educational and reflects my own personal-care routine. It is not medical advice and does not diagnose, treat, or cure any condition. Patch-test new products, and check with your doctor or dermatologist for what is right for your skin.