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List of the products that make up my daily routine.

1. CeraVe - Moisturizing Lotion
2. CeraVe - Hydrating Cleanser
3. Eucerin - Sun Protection
4. Vitara Clinda Gel
5. Acnetina-A
6. AKneDerm

Pick one product that I regularly use is called **CeraVe - Moisturizing Lotion**

List of Ingredients:

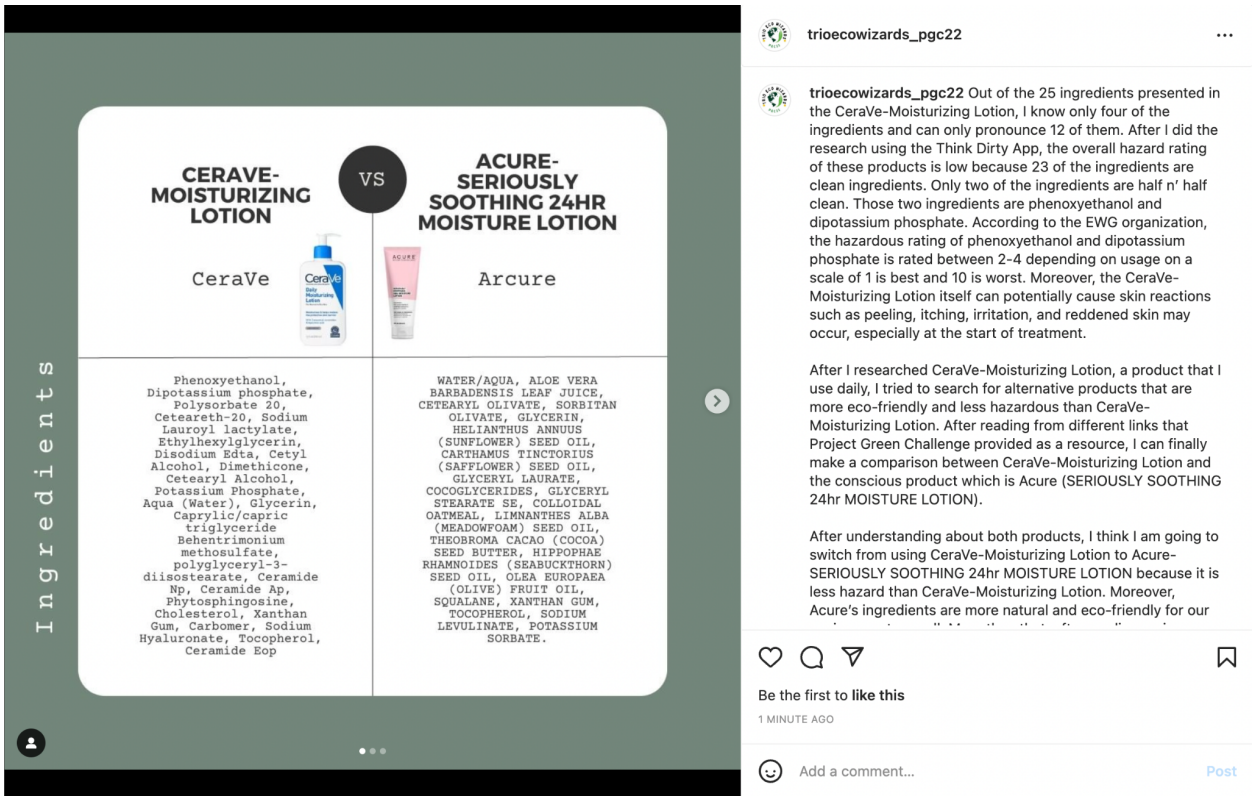
1. Phenoxyethanol
2. Dipotassium phosphate
3. Polysorbate 20
4. Ceteareth-20
5. Sodium Lauroyl lactylate
6. Ethylhexylglycerin
7. Disodium Edta
8. Cetyl Alcohol
9. Dimethicone
10. Cetearyl Alcohol
11. Potassium Phosphate
12. Aqua (Water)
13. Glycerin
14. Caprylic/capric triglyceride
15. Behentrimonium methosulfate
16. Polyglyceryl-3 Diisostearate
17. Ceramide Np
18. Ceramide Ap
19. Phytosphingosine
20. Cholesterol
21. Xanthan Gum
22. Carbomer
23. Sodium Hyaluronate
24. Tocopherol

25. Ceramide Eop

Out of the 25 ingredients presented in the CeraVe-Moisturizing Lotion, I know only four of the ingredients and can only pronounce 12 of them. After I did the research using the Think Dirty App, the overall hazard rating of these products is low because 23 of the ingredients are clean ingredients. Only two of the ingredients are half n' half clean. Those two ingredients are **phenoxyethanol** and **dipotassium phosphate**. According to the EWG organization, the hazardous rating of phenoxyethanol and dipotassium phosphate is rated between 2-4 depending on usage on a scale of 1 is best and 10 is worst. Moreover, the CeraVe-Moisturizing Lotion itself can potentially cause skin reactions such as peeling, itching, irritation, and reddened skin may occur, especially at the start of treatment.

After I researched CeraVe-Moisturizing Lotion, a product that I use daily, I tried to search for alternative products that are more eco-friendly and less hazardous than CeraVe-Moisturizing Lotion. After reading from different links that Project Green Challenge provided as a resource, I can finally make a comparison between CeraVe-Moisturizing Lotion and the conscious product which is Acure (SERIOUSLY SOOTHING 24hr MOISTURE LOTION).

Instagram Post About the Comparison: https://www.instagram.com/p/Cjc9Dj3ve8L/



Comparison		
Name of the Product	CeraVe-Moisturizing Lotion	Acure-SERIOUSLY SOOTHING 24hr MOISTURE LOTION
Brand	CeraVe	Acure
Picture		
Ingredient	Phenoxyethanol, Dipotassium phosphate, Polysorbate 20, Ceteareth-20, Sodium Lauroyl lactylate, Ethylhexylglycerin, Disodium Edta, Cetyl Alcohol, Dimethicone, Cetearyl Alcohol, Potassium Phosphate, Aqua (Water), Glycerin, Caprylic/capric triglyceride, Behentrimonium methosulfate, polyglyceryl-3- diisostearate, Ceramide Np, Ceramide Ap, Phytosphingosine, Cholesterol, Xanthan Gum, Carbomer, Sodium Hyaluronate, Tocopherol, Ceramide Eop	WATER/AQUA, ALOE VERA BARBADENSIS LEAF JUICE, CETEARYL OLIVATE, SORBITAN OLIVATE, GLYCERIN, HELIANTHUS ANNUUS (SUNFLOWER) SEED OIL, CARTHAMUS TINCTORIUS (SAFFLOWER) SEED OIL, GLYCERYL LAURATE, COCOGLYCERIDES, GLYCERYL STEARATE SE, COLLOIDAL OATMEAL, LIMNANTHES ALBA (MEADOWFOAM) SEED OIL, THEOBROMA CACAO (COCOA) SEED BUTTER, HIPPOPHAE RHAMNOIDES (SEABUCKTHORN) SEED OIL, OLEA EUROPAEA (OLIVE) FRUIT OIL, SQUALANE, XANTHAN GUM, TOCOPHEROL, SODIUM LEVULINATE, POTASSIUM SORBATE.

Prize	**$11.99**	**$12.60**
Where can it be found?	Medical Clinic, Amazon, and other online shopping platform	Medical Clinic, Amazon, and other online shopping platform
Benefit	CeraVe Daily Moisturizing Lotion is a lightweight, oil-free moisturizer that helps hydrate the skin and restore its natural barrier. Formulated with 3 essential ceramides that work together to lock in skin moisture and help restore your skin's protective barrier. Unfortunately, it is not really an eco-friendly product for our environment.	Seriously soothing hydration your skin will revel in. Packed with cocoa butter, colloidal oatmeal and deeply moisturizing aloe. clinically shown to provide moisture for 24hrs when used as directed. Fortunately, it is also an eco-friendly product for our environment.
Will I make the Switch?	After understanding about both products, I think I am going to switch from using CeraVe-Moisturizing Lotion to Acure-SERIOUSLY SOOTHING 24hr MOISTURE LOTION because it is less hazard than CeraVe-Moisturizing Lotion. Moreover, Acure's ingredients are more natural and eco-friendly for our environment as well. More than that, after reading reviews about Acure's product, I found that the quality of Acure's product is high and has less side effects.	

Reference:

Think Dirty App

"Ewg Skin Deep®: What Is Phenoxyethanol." *EWG*, https://www.ewg.org/skindeep/ingredients/704811-PHENOXYETHANOL/.

"Cerave Acne Topical: Uses, Side Effects, Interactions, Pictures, Warnings & Dosing." *WebMD*, WebMD, https://www.webmd.com/drugs/2/drug-179781/cerave-acne-topical/details.

Acure. "Seriously Soothing 24hr Moisture Lotion." *ACURE*, https://acure.com/products/seriously-soothing-24hr-moisture-lotion?variant=42813566582997.