



Janessa's Recommendations

Makeup:

Here are some makeup brands that are really great AND clean! If I have personally tried any of them, I listed the specific foundation next to the brand 😊

- Jane Iredale- I've tried many foundations from this brand and I've loved them all!
- Ilia- Super Serum Skin Tint SPF 40
- 100 percent pure
- Bare Minerals- Complexion Rescue ONLY (*I don't recommend any other foundation from this line*)
- Nature's Brands- Bella Mari Moisturizing Foundation (not the best choice for acne prone skin)
- Faerie Organics- Powder Foundation (if you like powder foundation, this one is wonderful)
- Lily Lolo- Mineral Powder Foundation (if you like powder foundation, this one is wonderful)
- Alima Pure (if you like powder foundation, this one is wonderful)
- RMS (not the best choice for acne prone skin)
- Lauren Brooke Cosmetiques (their cream foundation is not the best choice for acne prone skin)
- Suntegrity- Impeccable Skin
- Vapour
- Beauty Counter- Dew Skin
- Hynt Beauty
- Kosas
- Pacifica
- Fitglow
- Huda Beauty GloWish Multidew Vegan Skin Tint Foundation
- Rose Inc.

Below please find my fish oil recommendation as a healthy addition to your diet:

Omega 3 Fish Oil from Wild Alaska Pollock (1250mg per Capsule) with Triglyceride EPA & DHA | Heart, Brain & Joint Support | IFOS 5 Star Certified, Non-GMO & Gluten Free (180 Softgels)

by Sports Research

Learn more:

https://www.amazon.com/dp/B01BTBZWBU/ref=cm_sw_em_r_mt_dp_G2417DFGZT52W6HW3ENH?encoding=UTF8&psc=1

Below please find a few of my probiotic recommendations as a healthy addition to your diet:

1. Garden of Life Dr. Formulated Once Daily Women's Shelf Stable Probiotics 16 Strains, 50 Billion CFU Guaranteed Potency to Expiration, Gluten Dairy & Soy Free One a Day, Prebiotic Fiber, 30 Capsules

by Amazon.com

Learn more:

https://www.amazon.com/dp/B00Y8MP4G6/ref=cm_sw_em_r_mt_dp_9NW70VAJT7VN2DE590A3

2. NOW Supplements, Probiotic-10, 25 Billion, with 10 Probiotic Strains, Dairy, Soy and Gluten Free, Strain Verified, 100 Veg Capsules

by Amazon.com

Learn more:

https://www.amazon.com/dp/B00L1GHMNO/ref=cm_sw_em_r_mt_dp_YG3G4SPJ96VJ7TRCSS5Q

3. NATURELO Probiotic Supplement - 50 Billion CFU - 11 Strains - One Daily - Helps Support Digestive & Immune Health - Delayed Release - No Refrigeration Needed - 60 Vegan Capsules

by NATURELO

Learn more:

https://www.amazon.com/dp/B07DFTKG27/ref=cm_sw_em_r_mt_dp_RYAQA79C33X4D0BR6W47?encoding=UTF8&psc=1