

A
Gorgeously
Green
Life

sophieuliano.com

SOPHIE ULIANO'S

17 *NEW*
PICKS
for **NEW**
MUMS

Baby
ÉCOS®

g
diapers

Hiya Gorgeous,

So, I want to let you in on a little industry secret. There's a phrase in the organic/wellness/health community ... "Motherhood is the gateway to organic." And it's really true. A vast majority of people chose a healthy lifestyle, not for themselves, but for their children. And they are lucky bystanders :)

The new mom/new baby health field is IMMENSE. And rightfully so, just think about the amount of stuff a new baby requires, then think about making it completely healthy and organic.

This eBook is designed to recommend some of my favorite products for new moms and new babies. Maybe you're shopping for yourself, maybe you're looking for a gift, maybe you're just curious. Use this list as a jumping off point! There's so much amazing information and so many awesome products out there!!

As always, there's tons of additional information and product recommendations on my website and social media!

Love and light,

Sophie xx



Unisex-Baby Four-Pack Organic Onesies by Gerber

You can never have too many onesies. When my daughter was an infant, we burned through them at an ungodly pace. It seemed like there was nothing a fresh onesie couldn't fix. And these are particularly soft, and made of naturally grown 100% organic cotton fibers. Stock up (or better yet, set up a regular delivery).

\$8.99



Glass Baby Bottle by Naturesutten

I really think that glass baby bottles are the way to go - Not only are you avoiding the dreaded BPAs and other chemicals that often come with plastic, but you're choosing a truly eco-friendly option. Naturesutten's Baby Bottle is made in France of borosilicate glass, which is dishwasher safe and withstands extreme temperature changes. The nipples (available in slow and fast-slow) create the best feeding-experience that closely simulates breastfeeding through the use of 100% rubber.

\$30.00 for two bottles



Organic Muslin Swaddle Blankets by Margaux & May

I love these swaddles - They're so soft and sweet, you'll definitely use them for more than a wrap. My advice - pick up more than you think you'll need. They're great as changing blankets, receiving blankets, covers ... you name it. And their gender-neutral prints are fun and unique.

\$29.99

DIY

DIAPER CREAM



Making your own diaper cream is not only great for your baby, but it's great for your wallet too! I was so surprised how quickly I used all of the baby supplies I bought before I had my child - Everything was gone in a blink. My suggestion: Make a double batch, that way you'll always have back-up!

INGREDIENTS

1/4 cup shea butter

1/4 cup coconut oil

1 Tablespoon beeswax pastilles

2 Tablespoons rice bran oil

2 tablespoons non-nano zinc oxide powder

INSTRUCTIONS

Mix shea butter, coconut oil and beeswax in a double boiler, or glass/stainless steel bowl over a pan of boiling water. Mix with a popsicle stick to make sure that there are no lumps.

Remove from heat.

Add the zinc oxide powder, and use a small whisk make sure it is well-combined.

Pour into a small 2 - ounce glass jar.

It will set within an hour.

Store: For up to 6 months in a cool, dark cabinet.

CLEANING PRODUCTS

The moment you have a baby, you look at everything differently. For years I thought I had a “clean” house. I vacuumed, I dusted, I did all the dishes. But when you start thinking about a baby crawling on your floors, eating snacks off the floor, putting things in their mouth

You see everything differently.

That’s why I LOVE Baby ECOS™. This entire line is designed for new moms and new babies. Each product is plant-based, ultra powerful and safe. It’s truly the greenest cleaning line I know. With absolutely NO toxic chemicals or residue, you can use these products with absolute confidence. I recommend the entire line, trust me, you’ll use each one and will come back for more!



Baby ECOS™ Bottle & Dish Wash

Baby ECOS™ Bottle & Dish Wash bundles pure, plant-derived cleaning power into a fragrance-free, mild-to-hands concentrated liquid cleanser. For use on all of baby’s dishes, bottles and utensils. So effective you can use it on all your dishes, too!

\$4.19



Baby ECOS™ Fruit & Veggie Wash

Baby ECOS™ Fruit & Veggie Wash is formulated to quickly lift dirt, wax and oily residues from fruits and veggies. Even better, it rinses away quickly and thoroughly, so fruits and veggies keep all their tasty goodness.

\$4.19



Baby ECOS™ Laundry Detergent

Baby ECOS™ Laundry Detergent is a hypoallergenic, everyday laundry detergent that is gentle for baby’s sensitive skin. Baby ECOS™ rinses thoroughly, leaving baby’s laundry clean and soft. Available in Free & Clear and Lavender & Chamomile.

\$7.75



Baby ECOS™ Here & There All Surface Cleaner

Because little ones go here, there and everywhere, our very practical Baby ECOS™ Here & There All Surface Cleaner was created for the nursery—and beyond. Use for all things high and low! Leaves floors tack-free and shines mirrors and counters, even cabinets.

\$4.29

Baby ECOS™ Stain & Odor Remover

Baby ECOS™ Stain & Odor Remover tackles your baby's toughest stains and odors with our effective formula. Use on most everything. A gentle stain remover that never 'sets' stains or fades colors.

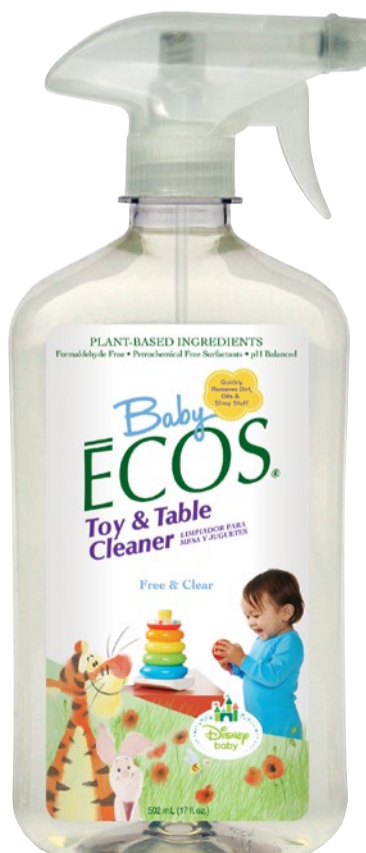
\$6.49



Baby ECOS™ Toy & Table Cleaner

Baby ECOS™ Toy & Table Cleaner can be used on any hard surface in the nursery, from toys to cribs to changing tables. It cleans and freshens without leaving any harmful residues behind.

\$4.29



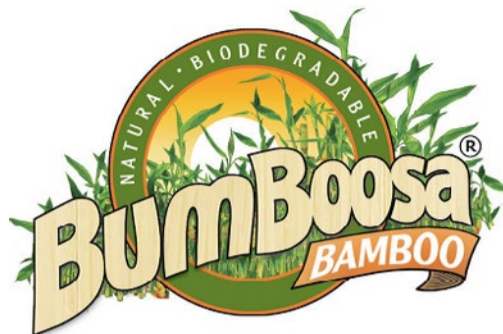
Bamboo Baby Wipes by Bum Boosa

Baby wipes - SO useful, yet so wasteful. Thank goodness for Bum Boosa! Bum Boosa Bamboo Baby Wipes are made from renewable, bio-friendly bamboo. They are soft, absorbent and naturally scented with lavender and sweet orange essential oils with no alcohol or harsh preservatives.

Bum Boosa Bamboo Baby Wipes are a unique, 100% bio-friendly product that was developed with both the planet and infants' sensitive skin in mind. Their mission is to provide a new option for a widespread consumer product that, through its use, trees and water are saved. They are able to do this by drawing on the benefits of a bountiful, regenerative and sustainable plant for our alternative nonwoven fiber: bamboo.

Bum Boosa aims to consciously care for our consumers and the planet by making eco-friendly baby wipes with the promise of high quality natural ingredients, honesty and integrity.

\$4.59



thinkbaby™

SAFER PRODUCTS FOR HEALTHIER BABIES



Baby Body Care Set by ThinkBaby

When my daughter was tiny, bath time was like a reprieve. It was one of the few times we could both be completely mellow. She loved the water, and I loved that she was happy. Finding great products for bath time is tricky - Don't get distracted by cute design or great smells. You want to find products that are healthy and natural for your baby's body.

That's why I love the Baby Body Care Set by ThinkBaby. Their Essentials Set is an amazing collection for under \$30: Their award-winning Safe Sunscreen SPF 50+, Shampoo & Body Wash, Baby Lotion, and Bubble Bath. These aren't dinky containers either. Each of the body care items comes in a 8oz bottle with a convenient pump. And the sunscreen is our full 3oz tube (perfect for a trip on an airplane).

\$28.99

Milk Trays by Milkies

Saving breast milk is something I get asked about all the time. That's why I love the Milkies Milk Trays - This tray allows you to freeze your breast milk into convenient, 1-ounce sticks that fit into all bottle sizes. Milk Trays are made from PET plastic, a food-safe plastic that contains no bisphenol-A (BPA), phthalates, or dyes. When you're reading for a feeding, simply thaw just the right amount of milk for that feeding - so that not a drop of your "liquid gold" goes to waste! And, last but not least, Milk Trays are reusable - making them the most economical and environmentally-friendly choice for freezing your breast milk and BEYOND!

\$21.95





WHY I'M OBSESSED WITH gDiapers

I get so many questions about diapers - Cloth diapers can be so intimidating, but disposable diapers creates so much waste. For years, I thought there has to be a happy medium - And then I found gDiapers, the PERFECT solution.

Redefining Disposable

gDiapers is changing the world of disposable diapers – top to bottom, inside and out. Here's how it works - gDiapers has created a system that pairs adorable soft cotton gPants diaper covers with Disposable Inserts that are flushable and compostable (wet ones only). gDiapers Disposable Inserts are Cradle to Cradle Certified™ Silver – a mark trusted around the world for ecologically intelligent design. Above all, gDiapers is dedicated to keeping babies clean, cute and comfortable, who can argue with that!

Beautiful and Breathable

Soft cotton gDiapers gPants come in lots of colors and prints that are just SOOO cute! Plus, they're designed to be breathable, which means less rash for baby, and less headaches for parents. The gentle stretch fabric means more comfort and a flexible fit.



Gentle and Absorbent

Disposable Inserts are made of cellulose, wood fluff pulp, and super absorber. That's it. They're elemental chlorine free, latex free, perfume free and dye free. Super absorber is sodium polyacrylate (SAP) and is a non-toxic water absorbing polymer.

Rip, Swish, Flush

Disposable Inserts can be safely flushed down the toilet in North America, putting poop where it belongs. It's as simple as rip, swish, flush. No smell, no mess, and no dirty diaper in the house.

Compost - Wet Disposable Inserts

Wet-only Disposable Inserts can be home composted, turning them into a resource. From diaper to dirt in the blink of an eye.

Cradle to Cradle

gDiapers Disposable Inserts are the only diaper inserts to be certified Cradle to Cradle Silver. It means everything that goes into them has been reviewed for 19 human and environmental health criteria and has proven to be re-absorbed back into the eco-system in a neutral or beneficial way when composted (wet ones only). gDiapers disposable inserts are made in the USA.

So Easy You Don't Have To Think Twice

gDiapers are so simple, why even consider anything else? It really is the best of all worlds. My recommendation? Give their starter pack a try. You'll get two gPants plus a package of Disposable Inserts - And you're set to go!!

\$50.99



NUT FREE BABY MASSAGE *OIL*

I am all for giving baby a loving massage, but you might be off avoiding nut oils or butters, as there is some thought that slathering your baby's skin with these kinds of oils could spark a nut allergy. I know many are fine using coconut, sweet almond oil etc, but if you want to be safe, use Rice Bran Oil. It is very clean and very safe. You can find it in a good health food store, or on Amazon.

SUPPLIES

2 ounce opaque bottle

2 ounces rice brain oil

3 drops Chamomile essential oil

STORE FOR UP TO 6 MONTHS IN A COOL DARK CABINET.



naturepedic®

Ultra Breathable 2-Stage Organic Crib Mattress by Naturepedic

Going organic on a crib mattress is a huge gift for your baby. And I LOVE Naturepedic's products! The Ultra Breathable 2-Stage combines an organic waterproof crib mattress with a removable, washable, breathable cover. The cover is designed to maximize airflow around the baby while the waterproof mattress core keeps things hygienic and easy to clean. This design dissipates heat and moisture for a more comfortable sleep without overheating or sweating.

It features a luxurious organic cotton fabric with a patented food-safe waterproof surface to protect the inside of the mattress from urine, spills, spit-up and allergens. Additional safety features include 2-stage dual firmness, strong edge support, seamless waterproof edges, and a snug fit in your baby's crib.

\$399.00



Natursuttent

A NATURAL CHOICE

Butterfly Pacifier by Natursuttent

Ah, yes. The pacifier. Mom's best friend - But only if it's good for the baby right? Check out Natursuttent's pacifiers - They're softer than silicone, with a one-piece design, and are made from pure natural rubber and have no BPA, PVC, phthalates or chemical softeners.

\$9.00

Babycook Pro- Dishwasher Safe Baby Food Maker-Cooks & Processes by BEABA

I cannot tell you how much money I spent on baby food when I was a new mum. It felt like I was constantly buying those little Gerber jars, and even then I wasn't sure what I was feeding my child. But then I got wise, and got myself a Baby Food Maker. It just made the whole process SO EASY. You can cook and process fresh, preservatives-free baby food in 15 minutes or less. It has 4-in-1 capabilities (steam, blend, reheat and defrost) AND has dishwasher safe components. This is the perfect addition to any baby-ready kitchen.

\$149.95





HOMEMADE
DIY
TALC-FREE
BABY
POWDER

Some parents are a little concerned about using talc because of potential health risks, so for that reason, many mother's want to go talc-free. This super simple DIY is a great go-to!

SUPPLIES

1/2 cup corn starch

1/2 cup Arrowroot or Tapioca Powder

1 drop Roman Chamomile essential oil

1/4 cup finely ground oats (use your smoothie blender!)

MIX ALL INGREDIENTS TOGETHER AND PLACE IN A SHAKER JAR.
YOU ARE GOOD TO GO!



EOS Organic Mattress by Naturepedic

If baby gets a new mattress, then mom should get a new mattress too! I am ALL about the EOS organic mattress series - It allows you to customize your sleep experience and build your dream bed from scratch! Start by selecting a support layer of organic encased coils or organic latex, then choose between soft, medium, or firm microcoils or 3" latex for your comfort layer(s). Pillowtop and all-latex models are available, and the EOS ships compressed and roll packed for convenient shipping and set up. Assembly is simple and you'll be dreaming in luxury in no time. It features organic cotton, organic wool, and organic latex (non-latex build available) with non-GMO PLA and organic cotton fabric and filling. The EOS passes all federal flammability standards without the need for flame retardant chemicals or barriers.

\$1,599 - \$4,399



ThinkSport Insulated Sports Bottle

For new moms, staying hydrated is key. Not only is your body healing + readjusting, but staying hydrated is one of the best ways to care for your body in general! Treat yourself to a cute water bottle, like this one from ThinkSport. I love this model because it's double-walled and vacuum-sealed stainless steel, which means that it keeps its contents hot or cold for hours. A definite must-have for new moms!

\$19.99

MOMS NEED PAMPERING, TOO!

One of the most amazing things I received as a new mom was a self-care kit. Seriously, in the chaos of having a brand new baby, I almost completely forgot to take care of myself. And I will never be able to thank the girlfriend enough who thought of me in that moment.

It may seem silly, but mama needs some good stuff too! And there's nothing more luxurious, healing and FUN than a present from Tata Harper. I cannot get enough of this line - It is truly the best of the best. Not only are the ingredients INCREDIBLE (each product is specially formulated on the Tata Harper farm in Vermont), but the package is so gorgeous that it makes an incredible present.

And of the products below would make an amazing gift to a new mom (or a gift to yourself!).

Purifying Mask

One of the biggest impacts for aging comes from our exposure to environmental toxins. Environmental toxins cause side effects such as tissue damage, oxidative stress and cell mutation. When our skin is incapable of detoxifying from a cellular level, the skin appears dull and fine lines and wrinkles are more visible. The Purifying Mask was created to address the larger issue of chemical and toxic pollutants that we are exposed to on a daily basis. Tata encapsulated the power of fermentation and probiotics to deeply cleanse and detoxify the skin, while encouraging the skin's own detoxification processes from a cellular level.

\$65.00



Regenerating Cleanser

This gentle exfoliating cleansing treatment acts as a 4-in-1 product to thoroughly cleanse and improve glow while purifying, minimizing the appearance of pores and helping to protect the skin's natural hydration balance. Free of soaps, alcohols and detergents, this cleanser clarifies with fresh enzymes, clays and essential oils, while microspherical beads polish the skin and reduce appearance of blackheads - all without stripping the skin of moisture. Skin is left feeling balanced, hydrated and glowing.

\$78.00

Volumizing Lip and Cheek Tint in Very Charming

This 100% natural & nontoxic Volumizing Lip & Cheek Tint delivers a more modern beauty experience, by combining lush natural pigments with the latest in anti-aging skincare technology. These tints deliver the perfect pop of natural color to lips and cheeks while helping to fill the look of fine lines, for skin that has the irresistible flush and volume of youth. Long-lasting and multi-tasking, these shades combine rich natural color, softening moisturizers and nourishing minerals with Spanish Lavender and Lipoamino Acid Technology to promote a plump, volumized appearance. These smooth, easily blendable formulas adapt to compliment all skin shades.

\$36.00



Nourishing Oil Cleanser

This gentle formula thoroughly cleanses skin with a silky blend of biocompatible oils and esters that dissolves makeup and daily impurities from pores while leaving skin's moisture barrier intact. This cleanser purifies while helping to nourish the skin with Beta Carotene, Vitamins A, C, E, Lycopene and Omega 3 and softening roughness for improved texture. Ideal for dry skin types, it leaves a refreshed, non-greasy feeling, and provides a perfect, smoothed surface for makeup application.

\$68.00



Aromatic Irritability Treatment

It's all in the name, right? What more could a new mom need!! A 100% natural & nontoxic aromatherapy treatment. This aromatherapy's calming scent helps immediately lessen feelings of irritability, frustration and negativity while inspiring a sense of peace and inner comfort.

\$65.00

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