

Keep or Toss Beauty List

WHEN TO TOSS:

Changes in smell and texture, or color are all signs that a product is breaking down due to age or contamination.

Makeup:

Concealer – 1 year

Eye Liner Pencil – 2 years

Lip Balm – 1-5 years

Cream Blush – 1 year

Eyeshadow – 1 year

Lip Gloss – 1 year

Eye Liner - 3 months

Foundation – 1 year

Lip Stick – 2 years

Powder Blush – 2 years

Nail Polish – 1 year

Mascara – 3 Months

Hair Care / Styling Products:

Shampoo and Conditioner – 2 to 3 years opened / 3-4 years unopened

Unopened hair care products have a shelf life of 3 years and only 18 months once opened. Hairspray has no expiration date.

Expiration Dates...

When did this all begin? In 1973 it began as a “sell-by date” on some products. Now when you look at almost every product on the market today, including bottled water. Every and all items have an expiration date. These dates have become the new “law” when to toss and when it’s time to buy new.

As a child growing up, my family had many items in the refrigerator and cabinets that would have long outlived today’s expiration date laws. It’s almost hard to believe that those items would have such a short shelf life with all the chemicals and preservatives in our food and products today. Common sense is always constructive when deciding which items have outlived their time on the planet.