

FOR IMMEDIATE RELEASE

## **Good For You Girls™ offers the top 10 things to avoid when looking for all natural skincare for teens and tweens**

### **Enjoy Healthy, Glowing Skin this Holiday Season without Spending a Fortune**

New Hartford, CT– November 25, 2009 – Good For You Girls™, [www.goodforyougirls.com](http://www.goodforyougirls.com), the first premium, all natural skin care for teens and tweens ages 9-15, announces its “Top 10 Things to Avoid for Healthy, Glowing Skin this Holiday Season.”

After searching for all natural skincare products for their daughters without results, Mom entrepreneurs and skincare experts Kim Grustas and Grace Hvasta-Petrarca created Good For You Girls, their own line of 100% natural tween skincare products.

Grace, an Ayurvedic Practitioner, emphasizes a holistic approach and promotes prevention through lifestyle change. Kim is a marketing expert who, for the last 12 years, has specialized in the natural and organic industry.

“If you are trying to help your child fight acne or just looking for all natural skincare for teens and tweens, it's possible to have healthy, glowing skin this holiday without spending a fortune,” states Kim Grustas, Good For You Girls Co-founder. “For the best skincare results, we've put together a list of the top ten things to look out for when purchasing tween skincare products.”

Here are the Good For You Girls' “Top 10 Things to Avoid for Healthy, Glowing Skin this Holiday Season”:

1. Sodium Laurel/Laureth Sulfate
2. Parabens. (methylparabens, propylparabens, butylparabens, and ethylparabens)
3. Petrolatum, Petrochemicals
4. Denatured Alcohol
5. Dyes
6. BHA and BHT
7. Diethanolamine, DEA
8. Fragrance
9. PEG (Polyethylene Glycol)
10. 1,4-Dioxane

Want to find out why? Visit <http://bit.ly/allnaturalskincarefortweens> for more details on these harmful ingredients.

“It's time to enjoy glowing skin and feel good about using products that are environmentally-friendly, not tested on animals, and vegan approved” says Grace Hvasta-Petrarca. “And especially during the holiday season, it's easier than ever to remove impurities, balance pH, and protect skin from the elements while having fun learning about tween skincare and sharing information with friends!

For more information about the simple, three-step process of cleansing, toning and moisturizing in the Good For You Girls Complete Skin Care Kit (including gel cleanser, toner and moisturizer in four ounce sizes, retail \$24.99) and their four new products starting at just \$13.99, visit [www.goodforyougirls.com](http://www.goodforyougirls.com).

#### About Good For You Girls

Good For You Girls is the first premium line of 100% natural skin care that addresses the unique skin care needs of tweens age 9 to 15. Created with only the purest, natural and organic ingredients that are effective and safe for young skin, all our products are free from parabens, petrochemicals, sulfates, phthalates, dyes and irritants. Plus, they are vegan-approved and cruelty free. We are a member of The Natural Products Association and a compact signer with The Campaign for Safe Cosmetics. To learn more about our all natural skin care for teens and tweens, please visit [www.GoodForYouGirls.com](http://www.GoodForYouGirls.com) or call 860-489-9912.

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