

When to Toss Your Makeup

Adapted from EveryGirl.com

& Author Philip Friedman



Pencils (*good for 1 to 2 years*)

Pencils (lip liner, eye liner, and brow pencils) may be sharpened, so the good news is that you can start with a clean slate after a good sharpen and spritz with alcohol. But that doesn't mean they will last forever. If a pencil dries out and starts tugging on your skin, it's probably time to toss it.

Lipstick and Glosses (*good for 1 year*)

Since lipstick and lip gloss are applied to the mouth area, it's a good idea to replace them every year or so. Don't keep your lip products in your hot car and *do* sanitize them with alcohol every so often!

Foundation and Concealer (*good for 1 to 2 years*)

Bacteria loves foundation and concealer, especially if they aren't in a bottle with a pump. Any change of smell, color, or consistency means it's time to toss—applying it could cause irritation or breakouts. These products are meant to cover blemishes, not cause them!

Powders (*good for 2 years*)

These powder products (powder foundation, blush, eyeshadows, bronzers, and highlighters) last longer than any other color cosmetic, but if it breaks before it's expiration date is up, go ahead and throw it out.

Mascara and Liquid Liner (*good for 3 to 6 months*)

Don't pump your mascara, even though it's common practice. It pushes air into the tube, causing it to dry out and lets in bacteria. Using liquid eye products passed expiration dates can cause redness, itchiness, pinkeye, and sties. And of course, don't ever share these products with a friend!

Nail Polish (*good for 1 to 2 years*)

Skin Care (*good for about 6 months*)

Acne creams and other over-the-counter products that contain drugs are FDA regulated and usually carry expiration dates. But cosmeceuticals (products claiming to have anti-aging and skin-changing benefits) are not regulated, and once they've been used, they shouldn't be kept for more than six months — or, if they're in pump bottles, a year.

Hair Products (*good for about 1 year*)

Fragrance (*good for 2 or more years*)

Your When-to-Toss-It Timeline

Every season: Toss your mascara and liquid liner

Every six months: Toss your skin-care regimen, sunscreens, and liquid foundation

Every year: Toss your hair products (except hairspray)

Every two years: Toss your powder-based cosmetics (such as pressed powder and shadows), lipsticks, and nail polishes

First Aid – Basic Red Cross recommendations:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antiseptic wipe packets or the equivalent
- 2 pair of nonlatex gloves (size: large)
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)

Thirteen items to donate.

Adapted from author Jennifer Boyle

- 1. Toilet paper**
- 2. Small bottles of bath essentials**
- 3. Dental hygiene essentials**
- 4. First-aid items**
- 5. Pads and tampons**
- 6. Diapers**
- 7. New Underwear and socks**
- 8. Spices**
- 9. Blankets**
- 10. School supplies in the middle of the school year.**
- 11. Gently used bicycles**
- 12. Old cellphones**
- 13. Sturdy bags and boxes to easily carry goods.**