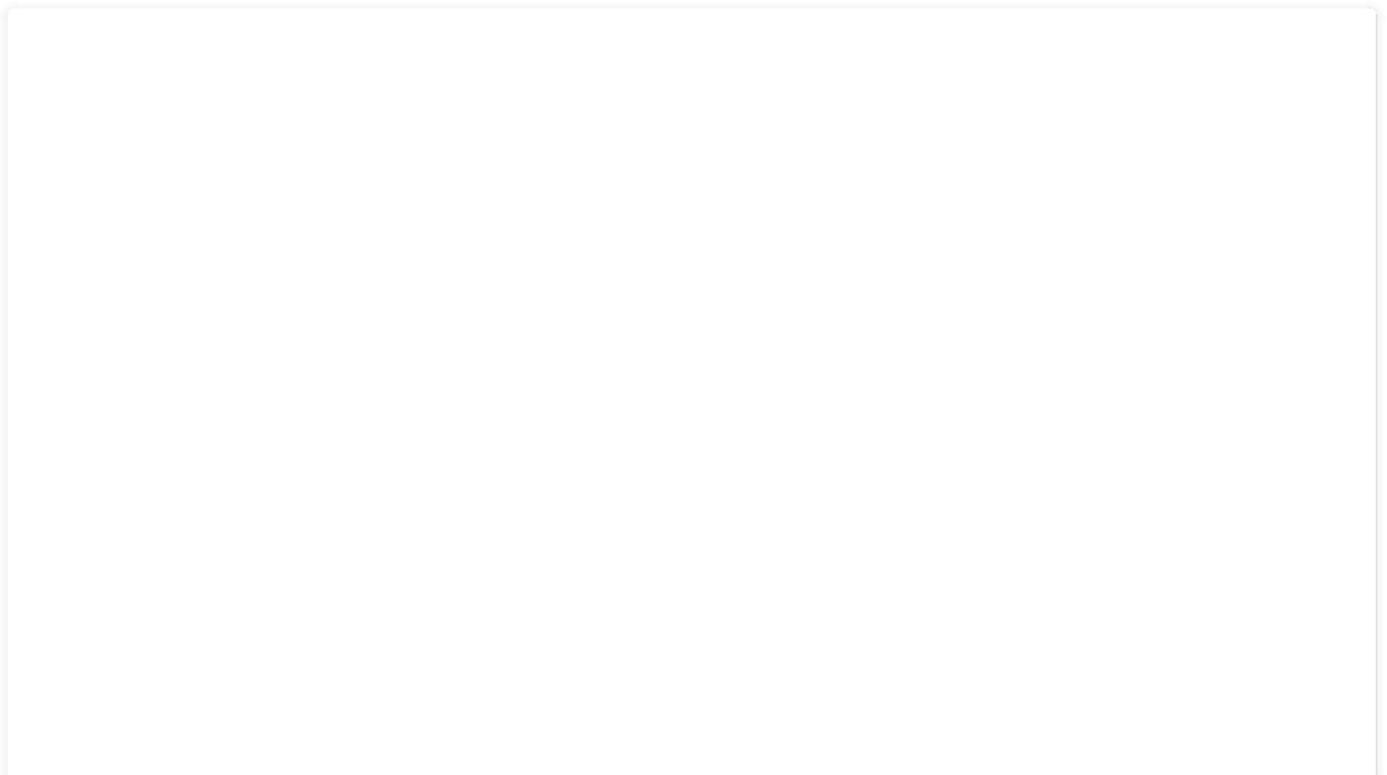
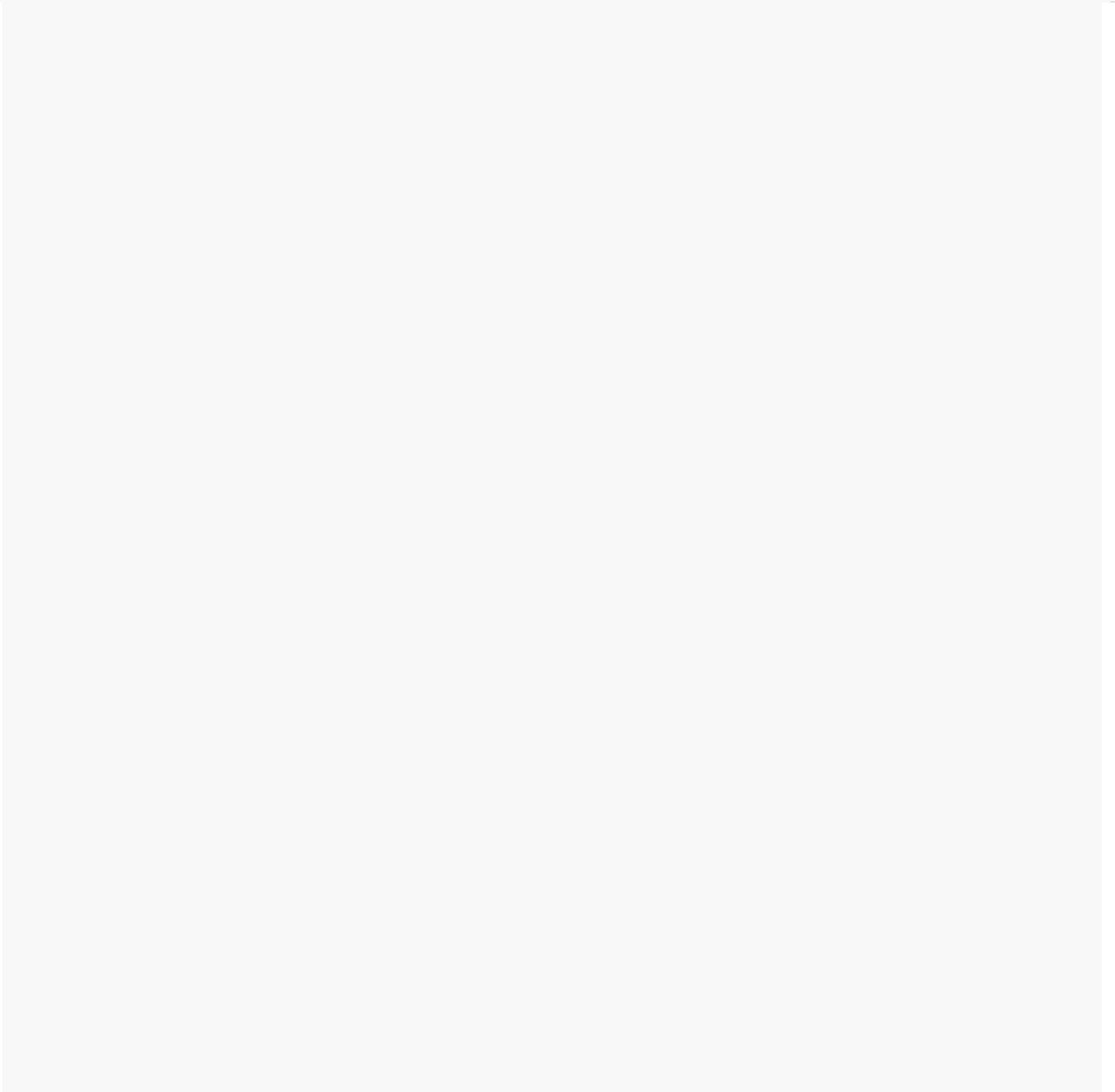


## PRODUCT FOCUS: CACEE NAIL POLISH

Today I want to talk to you about my new favorite nail polish brand – Cacee Nail Polish, specifically the **BFE – Best Friend Ever** – group of nail colors. As always, I am not being compensated in any way to write this blog post; I just like to share good, non-toxic or mostly non-toxic quality beauty products when I happen to find them. For a little bit of background on me with regards to nail polish, I love having my nails done, although most of the time I do it myself as you can see by my Pinterest board called [Pretty Nails](#) (most of the pics there are of my own nails). Up until a few years ago when several nail polish companies reformulated their polish to remove DBP, Toluene, or Formaldehyde, I used any brand, based on whether or not I liked the color. Although I wanted to use non-toxic nail polish because the toxins in nail polish unfortunately DO enter into your body where they cause hormone disruption, the ones I purchased from health food stores that I had tried in the past either had really dull colors and/or didn't stay on my nails long enough to make it worth waiting for it to dry. Every time I tried a brand of "natural" nail polish, I either threw it out or gave it to my daughters who are too young to care about how long the polishes last or how shiny they were. It came to a point where I simply had to find a compromise and use quality nail polish free of at least the 3 major toxins mentioned above (#threefree) or if I got lucky, free of 5 toxins (#fivefree) which, along with the above ingredients, also exclude camphor and formaldehyde.

I was at my local nail salon recently (Rio Nails in Boca Raton, if you are interested – ask for Stephanie or Duke, they are both great!) and couldn't decide on a color so my husband, who was with me at the time, picked out this one, called Amanda (all of Cacee's polishes are girls' first names, how cute is that?), and handed it to me:





A photo posted by Rebecca H Lazar (@realhealthfit) on May 2, 2016 at 10:42pm PDT

I was very impressed with his choice, but even more impressed that it lasted almost an entire week! For me, that's really something since most nail polish doesn't last long on my nails. I had never heard of Cacee nail polish before, but after that experience, and learning that most of their BFE nail polish is #fivefree, I proceeded to buy it in many different colors – all of which look great!

Check out their [instagram account](#), for some nail color inspiration and let me know in the comments if you have tried Cacee brand and what your thoughts are on the product line. Below are my favorite colors – click on any of the photos to order through Amazon for the best prices ☐

