

# SAFER PAW PAW BALMS CHEAT SHEET



A Hello Charlie Cheat Sheet



HELLO CHARLIE  
ALL YOUR ECO BABY, BEAUTY & HOME NEEDS

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# INTRODUCTION

Pawpaw (or papaya) has all sorts of wonderful therapeutic properties. It's Latin name is carica papaya, and it really is a superfood. It's got more Vitamin C than oranges, heaps of Vitamin A, and it's got good amounts of potassium and calcium. It's low in calories, and has heaps of B-complex vitamins like folic acid, B6, riboflavin and thiamine. You can eat the skin, leaves and seed, too. They're anti-inflammatory, anti-bacterial, anti-parasitic, and analgesic (natural pain relief).

And when you apply pawpaw to your skin, there are yet more benefits. It can help with ulcers, eczema and other skin irritations, burns and even helps with moisture loss in skin.

No wonder pawpaw balms and ointments are popular as a topical skin application! You can use them in so many different ways, and they're great for everyone from babies to adults.

As with all manufactured products, however, there are big differences between brands. Some pawpaw creams are nothing but moisturisers with paw paw flavouring, others have good amounts of paw paw but are based on petrochemicals.

And that's where Hello Charlie comes in. I've researched all the ingredients, questioned the manufacturers, and found out which pawpaw balms really are worth buying. So read on and find out which pawpaw balms get the Hello Charlie recommendation, and which ones you should avoid.

If you're interested in finding out more, there's suggestions for further reading towards the end, and a **bonus 20% off all pawpaw balms at Hello Charlie** as a thank you. You'll find that right at the end. So what are you waiting for? Read on!



# INGREDIENTS

What should you look for when you're buying pawpaw balm?

## 1. High amount of pawpaw

Unless there's a high percentage of pawpaw in the balm, you're not going to get the healing powers of the pawpaw. There are good products without much pawpaw, but you might as well buy any balm. Look for at least 5% pawpaw.

## 2. No petrochemicals

Wherever possible, I try to buy products without petrochemicals. I don't like the environmental issues with petrochemicals. And yes, I do try to avoid petrochemicals in other products, too, like reducing the amount of plastic I use and avoiding unnecessary car journeys!

## 3. Fragrance free

Unless the fragrance is natural and made from essential oils, I avoid synthetic fragrances, too. There's a lot more information about this in an article I wrote a while ago on [avoiding fragrances](#).

## 4. Flavours

I found a number of pawpaw products with flavours in them, especially in balms for the lips. [Flavours](#) give both a taste and a smell, so even though an ingredients list may not list fragrance, flavour is one way of giving the product a smell. As with fragrance, I choose not to use products with synthetic fragrances, and prefer natural flavours.

## 5. Preservatives

Although most products need preservatives, it's important to choose safe ones. There's more information about [preservatives here](#). One of the ones that I kept seeing in pawpaw balms is phenoxyethanol, which I choose to avoid.

## 6. Sunscreen ingredients

I'm seeing more and more pawpaw balms that include sunscreen ingredients. That's great, as long as they're physical blockers like zinc oxide and titanium dioxide. [Chemical absorbers](#) like Ethylhexyl Methoxycinnamate, Octocrylene, and Octyl Methoxycinnamate are hormone disrupters and are best avoided.

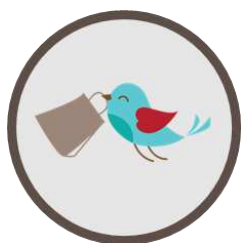


# TOP PICKS

Out of the 38 pawpaw balms that we've reviewed, here's the ones that I actually recommend. I've listed them in alphabetical order for you:

- Fix Organic PawPaw & Manuka Honey Balm
- Little Innoscents Organic PawPaw Balm
- McArthur Complete Skincare Cream
- McArthur Complete Skincare Cream – Fragrance Free
- Melrose Little Bird Organic PawPaw Balm – Original
- Natralus My Little One Soothing Repair Balm
- Natralus Natural Paw Paw Balm
- Natural Alternative PawPaw Ointment
- Organic Island PawPaw Lip Salve
- Pure by Phytocare Papaya Ointment
- Suvana PawPaw & Honey Balm
- Wotnot Baby Balm





## BRAUER PAW PAW OINTMENT TUB



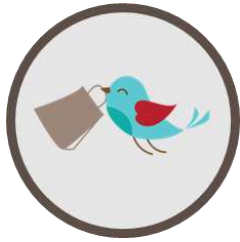
**Ingredients:** Vitis Vinifera (Red Grapes) Seed Oil, Lactobacillus/papaya fruit ferment extract (Paw Paw Fermented), Cera alba (Beeswax), Caprylic/Capric Triglyceride, Butyrospermum Parkii (Shea) Butter, Theobroma Cacao (Cocoa) Seed Butter, Mel (Honey), Hydrogenated Castor Oil, Lecithin, Daucus Carota Sativa (Carrot) Seed Oil, Fragrance, Potassium Sorbate, Tocopheryl Acetate (Vitamin E), Stevia Rebaudiana Extract (Stevia)

**EWG Skin Deep Rating:** Not listed

**Cost:** 75g for \$12.99

**Comments:** The ingredients in this are good, until you get to the fragrance. Brauer confirmed that it's synthetic. So a good list, but for me, the fragrance is enough to put me off. Which is a shame, because there's lots of pawpaw in this!





## COCO ISLAND PAW PAW OINTMENT



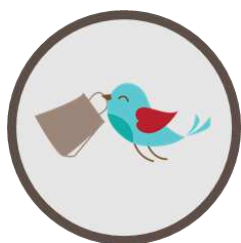
**Ingredients:** Pharmaceutical grade Petrolatum, Carica Papaya (Papaya) fruit extract, Bees Wax, Bio Active Manuka Honey 16+, Sodium Benzoate

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$3.95

**Comments:** I won't use any petroleum based products (because of contamination concerns, and environmental concerns), and as the main ingredient in this is petrolatum, that disqualifies this one for me. Otherwise, the ingredients are fine.





## DESIGNER BRANDS PAW PAW PLUS LIPS

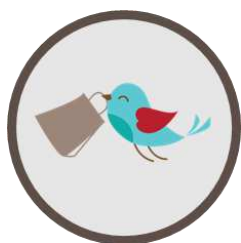


**Ingredients:** Trioctanoin, Soft Paraffin, Beeswax, Lactobacillus (Papaya Fruit Ferment Extract (8%), Theobroma Cacao (Cocoa) Seed Butter, Butyrospermum Parkii, (Shea) Butter, Phenoxyethanol, Simmondsia Chinensis (Jojoba) Seed Oil, Vitamin E (Tocopherol), French Grape Seed Extract, Fragrance. Pigment may contain: D&C Yellow.

**EWG Skin Deep Rating:** Not listed

**Cost:** 20g for \$4.99

**Comments:** Paraffin (which is a petrochemical), phenoxyethanol, fragrance, and D&C colours – too many things in this one which I don't like, so I wouldn't use or recommend this.



## FACE OF AUSTRALIA PAW PAW OINTMENT

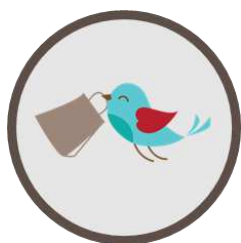


**Ingredients:** Petrolatum, Beeswax, Carica Papaya (Papaya) Fruit Extract, Simmondsia Chinensis (Jojoba) Seed Wax, Butyrospermum Parkii (Shea) Butter, Tocopheryl Acetate, Aloe Barbadensis Leaf Extract, Helianthus Annus (Sunflower) Seed Oil, Ethyl Vanillin.

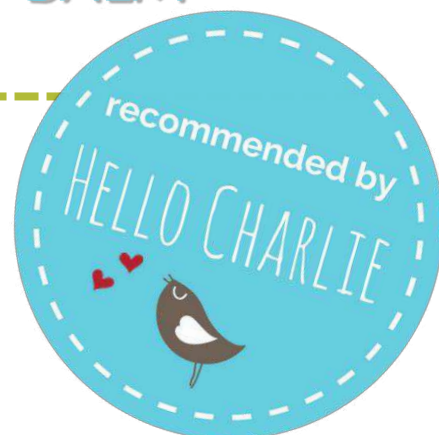
**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$4.45

**Comments:** Another petroleum based product. Otherwise the ingredients are fine, but as the main ingredient is petrolatum, I wouldn't choose this.



## FIX ORGANIC PAW PAW & MANUKA HONEY BALM



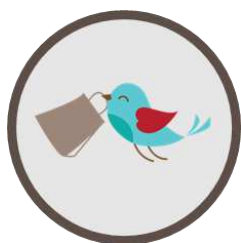
**Ingredients:** Ricinus Communis (Castor) Seed Oil\*, Beeswax (Cera Alba)\*, Cocos Nucifera (Coconut) Oil\*, Theobroma Cacao (Cocoa) Seed, Butter\*, Carica Papaya (Papaya) Fruit Extract\*, Honey (Mel), Simmondsia Chinensis (Jojoba) Seed Oil\*, Tocopherol, Helianthus, Annuus Seed Oil, Daucus Carota sativa (Carrot) Seed Oil, Glycine, Soja Oil, Glycerin\*, Annatto

**EWG Skin Deep Rating:** Not listed

**Cost:** 30g for \$6.95

[BUY NOW](#)

**Comments:** Lovely ingredients, nice amount of pawpaw, and the product is certified organic. I love the honey in this one, too, as it's very healing, especially when combined with the pawpaw. Straight to the top of my list!



## GIRL LANE PAW PAW LIP BALM



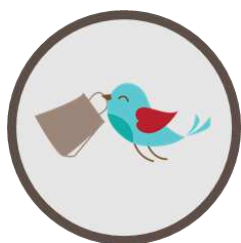
**Ingredients:** Cocos Nucifera (Coconut) Oil, Ricinus Communis (Castor) Seed Oil, Octyl Methoxycinnamate, Beeswax, Octocrylene, Hydrogenated Castor Oil, Macadamia Ternifolia Seed Oil, Carica Papaya (Papaya) Fruit Extract, Theobroma Cacao (Cocoa) Seed Butter, Butyrospermum Parkii (Shea) Butter, Tocopheryl Acetate, Aloe Barbadensis Leaf Extract, Flavour

**EWG Skin Deep Rating:** Not listed

**Cost:** 15g for \$5.29

**Comments:** There's a couple of problematic ingredients in this. Octyl Methoxycinnamate and octocrylene are both sunscreen ingredients (which gives this product the SPF15), but they're both suspected of being hormone disruptors. The octocrylene is an irritant, too, so I'd be wary of putting it on my lips. There's also synthetic flavour. Not one I'd use or recommend.





# HEALTHY CARE ALL NATURAL PAW PAW BABY BALM

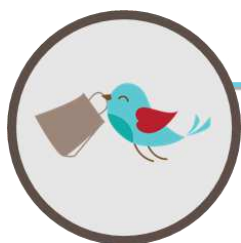


**Ingredients:** Ricinus Communis (Castor) Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Theobroma Cacao (Cocoa) Butter, Beeswax (Cera Alba), Butyrospermum Parkii (Shea) Butter, Silica (Natural Mineral Source), Sorbitan Olivat (Plant Derived), Carica Papaya Seed Oil, Cocos Nucifera (Coconut) Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Paw Paw Flavour, Tocopherol (Natural Vitamin E)

**EWG Skin Deep Rating:** Not listed

**Cost:** 100g for \$6.99

**Comments:** There's not a lot of pawpaw in this one, but the ingredients are pretty good. I'm not super keen on the flavour, though. Flavour is a bit like fragrance – you don't know what you're getting because manufacturers don't have to disclose the ingredients. I emailed the manufacturer to find out whether the flavour is natural or synthetic, but haven't heard back. So I'm assuming it's synthetic until I hear otherwise, and would avoid based on that.



## HEALTHY CARE PAW PAW LIP BALM

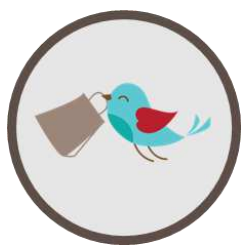


**Ingredients:** Ricinus Communis (Castor) Seed Oil, Hydrogenated Castor Oil, Cocos Nucifera (Coconut) Oil, Theobroma Cacao (Cocoa) Seed Butter, Lauryl Laurate Mangifera Indica (Mango) Seed Butter, Macadamia Ternifolia Seed Oil, Copernicia Cerifera (Carnauba) Wax, Jojoba Esters, Oryza Sativa (Rice) Bran Wax, Beeswax, Paw Paw Extract (Carica Papaya), Natural Flavour.

**EWG Skin Deep Rating:** Not listed

**Cost:** 10g for \$2.69

**Comments:** As with the PawPaw Baby Balm from this brand, there's not a lot of PawPaw in this lip balm. This one has flavour, and it's listed as natural flavour. It's a nice balm, just not a very pawpaw-y one.



## HEALTHY CARE PAW PAW ROSEHIP & MANUKA LIP BALM



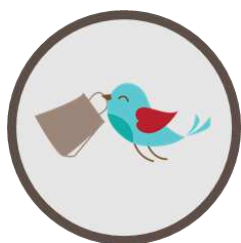
**Ingredients:** Ricinus Communis (Castor) Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Hydrogenated Castor Oil (Plant Derived), Beeswax (Cera Alba), Sorbitan Olivat (Plant Derived), Silica, Carica Papaya (Paw Paw) Seed Oil, Rosa Canina (Rosehip) Fruit Oil, Leptospermum Scoparium Mel, Honey Flavour, Tocopherol.

**EWG Skin Deep Rating:** Not listed

**Cost:** 10g for \$2.99

**Comments:** As with the PawPaw Baby Balm and the Lip Balm from this brand, there's not a lot of PawPaw in this product. There's also not a lot of rosehip, or a lot of honey. And there's the honey flavour, which I'd avoid if it's synthetic. The manufacturer didn't reply to my multiple emails. So if it's synthetic, avoid.





# HERB VALLEY WILD PINK PAW PAW SPF15 LIP BALM

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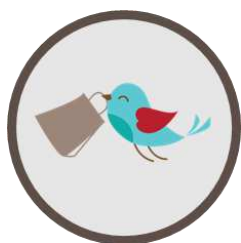


**Ingredients:** Purified Water, Cocos Nucifera (Coconut) Oil, Butyrospermum Parkii (Shea) Butter, Theobroma Cacao Seed Butter, Beeswax, Macadamia Ternifolia Seed Oil, Ethylhexyl Methoxycinnamate, Octocrylene, Ricinus Communis Seed Oil, Sorbitan Olivat, Paw Paw Ferment, Hydrogenated Castor Oil, Flavour, Tocopheryl Acetate, Tocopherol.

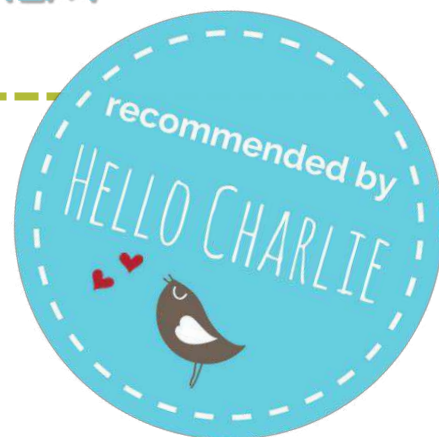
**EWG Skin Deep Rating:** Not listed

**Cost:** 15g for \$5.99

**Comments:** Lip balms with SPF can be problematic. The idea is great, but you want to make sure that you're getting mineral (physical) SPF blockers. Unfortunately, with this product, they're chemical absorbers. Ethylhexyl Methoxycinnamate and octocrylene are both sunscreen ingredients (which gives this product the SPF15), but they're both suspected of being hormone disruptors. Both the octocrylene and the tocopheryl acetate are irritants, too. And there's also synthetic flavour. Not one I'd use or recommend.



## LITTLE INNOSCENTS ORGANIC PAW PAW BALM



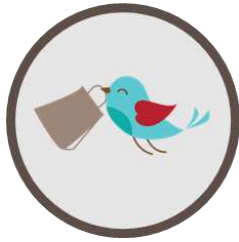
**Ingredients:** Helianthus Annuus (Sunflower) Seed Oil\*, Butyrospermum Parkii (Shea) Butter\*, Cera Alba (Beeswax)\*, Persea Gratissima (Avocado) Oil\*, Carica Papaya Fruit Extract, Tocopherol (Vitamin E), Cherry Coconut Extract, Calendula Officinalis Flower Extract. *\*Denotes Certified Organic*

**EWG Skin Deep Rating:** Not listed

**Cost:** 50ml for \$7.95

[BUY NOW](#)

**Comments:** One of my favourites! The ingredients are fantastic, the whole product (not just some ingredients) are certified organic by ACO, there's heaps of pawpaw (10%) and it's generally gorgeous. Love!



## LUCAS PAW PAW OINTMENT

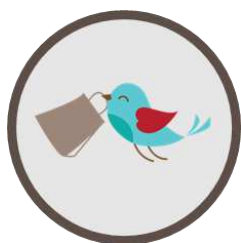


**Ingredients:** Pharmaceutical grade Petrolatum, Carica Papaya (Papaya) fruit extract, Bees Wax, Bio Active Manuka Honey 16+, Sodium Benzoate.

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$4.99

**Comments:** Other pawpaw balms (like the Little Innoscents one) have more pawpaw – 39mg/gm equates to just 3.9% of the product. The rest is petroleum jelly, and other undisclosed ingredients. I just do not understand why this product is so popular when there is other great choices available.



## MCARTHUR COMPLETE SKINCARE CREAM



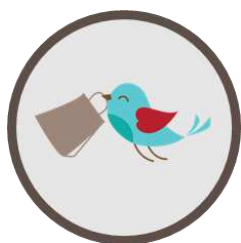
**Ingredients:** Carica Papaya Fruit Extract, Aqua, Caprylic/Capric Triglyceride, Glyceryl Stearate, Cetearyl Alcohol, Glycerin, Simmondsia Chinensis (Jojoba) Seed Oil, Coco-Caprylate, Magnesium Aluminum Silicate, Glyceryl Stearate Citrate, Lavender Officinalis, Lavendula Angustifolia x Latifolia, Tocopherol (Vitamin E), Gluconolactone, Xanthan Gum, Glyceryl Caprylate, Beeswax (Cera Alba), Sodium Citrate, Sodium Benzoate, Carrageenan, Citric Acid

**EWG Skin Deep Rating:** Not listed

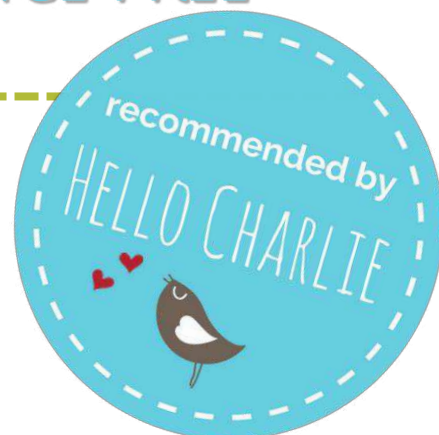
**Cost:** 100ml for \$29.95

[BUY NOW](#)

**Comments:** This has the highest amount of pawpaw of any pawpaw balm I can find – 60%. Everything else looks good, too. This looks like a winner!



## MCARTHUR COMPLETE SKINCARE CREAM – FRAGRANCE FREE



**Ingredients:** Carica Papaya fruit extract, Aqua, Caprylic/Capric Triglyceride, Glyceryl Stearate, Cetearyl Alcohol, Glycerin, Simmondsia Chinensis (Jojoba) Seed Oil, Coco-Caprylate, Magnesium Aluminium Silicate, Glyceryl Stearate Citrate, Tocopherol (Vitamin E), Gluconolactone, Xanthan Gum, Glyceryl Caprylate, Beeswax (Cera Alba), Sodium Citrate, Sodium Benzoate, Carrageenan, Citric Acid

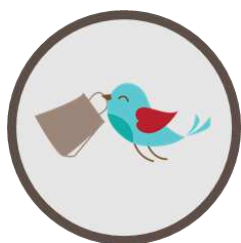
**EWG Skin Deep Rating:** Not listed

**Cost:** 100ml for \$29.95

[BUY NOW](#)

**Comments:** This is the same as the other McArthur cream, only without the lavender. 60% pawpaw, and all the ingredients are good. Definitely recommended.





## MELROSE LITTLE BIRD ORGANIC PAW PAW BALM COCONUT



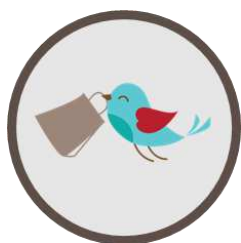
**Ingredients:** Certified Organic Ricinus communis (Castor) Seed Oil, Certified Organic Apis cera (Beeswax), Certified Organic Cocos nucifera (Coconut) Oil, Certified Organic Butyrospermum parkii (Shea Butter), d'Tocopherol (Vitamin E), Soybean (Glycine Soja) Oil, Carica papaya (Papaya) Oil.

**EWG Skin Deep Rating:** Not listed

**Cost:** 15g for \$4.95

[BUY NOW](#)

**Comments:** There's not a lot of pawpaw in this – it's the very last ingredient. But the ingredients are good, and they're certified organic, so it's still a nice balm. Just don't expect a lot of pawpaw healing goodness!



## MELROSE LITTLE BIRD ORGANIC PAW PAW BALM ORIGINAL



**Ingredients:** Ricinus Communis (Castor) Seed Oil, Beeswax (Cera Alba), Cocos Nucifera (Coconut) Oil, Carica Papaya (Papaya) Fruit Extract, Theobroma Cacao (Cocoa) Seed Butter, Polyglyceryl-3 Diisostearate, Polyglyceryl-2 Dipolyhydroxystearate, Simmondsia Chinensis (Jojoba) Seed Oil, Daucus Carota Sativa (Carrot) Seed Oil, Butyrospermum Parkii (Shea Butter), Tocopherol, Glycerin.

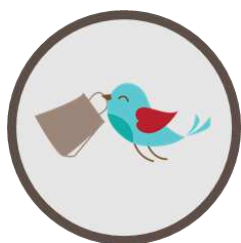
**EWG Skin Deep Rating:** Not listed

**Cost:** 15g for \$4.50

[BUY NOW](#)

**Comments:** I like it. Nothing scary in this one, and a good bit of pawpaw. I wish it came in a larger tube!





## MELROSE LITTLE BIRD ORGANIC PAW PAW BALM TANGERINE



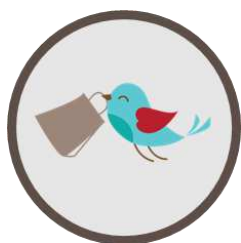
**Ingredients:** Ricinus Communis (Castor) Seed Oil, Beeswax (Cera Alba), Cocos Nucifera (Coconut) Oil, Carica Papaya (Papaya) Fruit Extract, Theobroma Cacao (Cocoa) Seed Butter, Polyglyceryl-3 Diisostearate, Polyglyceryl-2 Dipolyhydroxystearate, Citrus Tangerina (Tangerine) Peel Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Daucus Carota Sativa (Carrot) Seed Oil, Butyrospermum Parkii (Shea Butter), Tocopherol, Glycerin.

**EWG Skin Deep Rating:** Not listed

**Cost:** 15g for \$4.95

[BUY NOW](#)

**Comments:** Nice ingredients, with 50mg/g (or 5%) organic pawpaw extract. There are balms with more pawpaw, but this is still pretty good.



## MODELS PREFER PAW PAW 100% NATURAL ORIGINAL

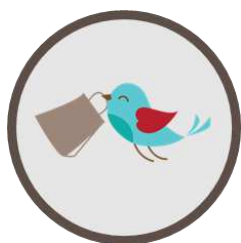


**Ingredients:** Ricinus Communis (Castor) Seed Oil\*, Carthamus Tinctorius\* Carica Papaya\* (Paw Paw Infused Oil), Cera Alba (Beeswax)\*, Theobroma Cacao (Cocoa) Seed Butter\*, Cocos Nucifera (Coconut) Oil\*, Simmondsia Chinensis (Jojoba) Seed Oil, (Natural) Tocopherol (Natural Flavour, Eupatorium Rebaudianum Bertoni (Stevia Extract\*).  
*\*organic ingredients.*

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$5.99

**Comments:** Although the ingredients are fine, there's hardly any pawpaw in this at all. It's pawpaw infused into safflower oil, which could mean that there's less than 1% pawpaw. So there's nothing wrong with it, but it's not exactly a pawpaw balm.



## NATIO PAW PAW LIP BALM

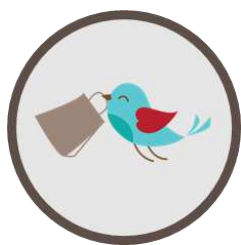


**Ingredients:** Castor (*Ricinus Communis*) Oil, Beeswax, Coconut (*Cocos Nucifera*) Oil, Cocoa (*Theobroma Cacao*) Butter, Carrot (*Daucus Carota Sativa*) Oil, Papaya (*Carica Papaya*) Extract, Jojoba (*Buxus Chinensis*) Oil, Honey, Tocopherol, Stevia (*Rebaudiana Bertoni*) Extract, Glycerin, Potassium Sorbate.

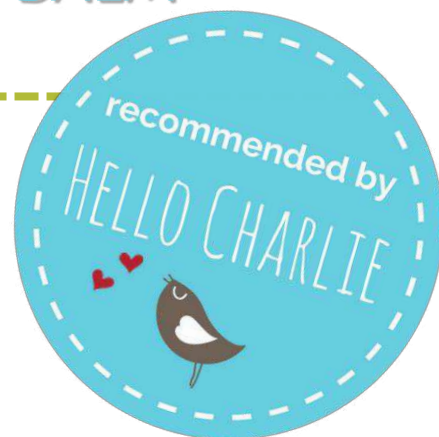
**EWG Skin Deep Rating:** Not listed

**Cost:** 20ml for \$7.95

**Comments:** Another good one, with good ingredients. Once again, the pawpaw is a long way down the list. I like it though, and would use it, but only as a lip balm and not for the pawpaw.



## NATRALUS MY LITTLE ONE SOOTHING REPAIR BALM

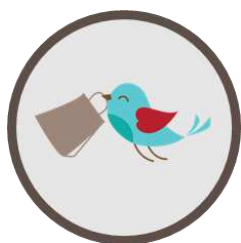


**Ingredients:** Ricinus Communis (Castor) Seed Oil+, Butyrospermum Parkii (Shea Butter)\*, Cera Alba (Beeswax)+, Carica Papaya (Paw Paw) Ferment\*, Glycerin+, Cocos Nucifera (Coconut) Oil\*, Myristyl Myristate+, Stearic Acid+, Tribehenin+, Polyglyceryl-3 Diisostearate+, Allantoin+, Olea Europaea (Olive) Oil+, Theobroma Cacao (Cocoa) Seed Butter+, Avena Sativa (Oat) Kernel Extract, Caprylic/Capric Triglyceride+, Sorbitan Olivatate+, Mg Sulfate+, Mg Stearate+, Calendula Officinalis Extract+, Styrax Benzoin Gum+, Tocopherol (Vitamin E)+, Sorbic Acid+, Vanilla Flavour+, Daucus Carota Sativa (Carrot) Seed Oil+ (\*organic, + natural)

**EWG Skin Deep Rating:** Not listed

**Cost:** 75g for \$14.95

**Comments:** I like it. It's a good ingredients list, with a good amount of pawpaw (8.3%), and although I'd prefer not to have added flavour, it is a natural, rather than synthetic flavour.



## NATRALUS NATURAL PAW PAW LIP BALM



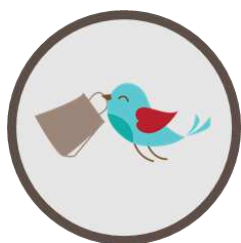
**Ingredients:** Ricinus Communis (Castor) Seed Oil+, Butyrospermum Parkii (Shea Butter)\*, Cera Alba (Beeswax)+, Carica Papaya (Paw Paw) Ferment\*, Glycerin+, Cocos Nucifera (Coconut) Oil\*, Myristyl Myristate+, Stearic Acid+, Tribehenin+, Polyglyceryl-3 Diisostearate+, Allantoin+, Olea Europaea (Olive) Oil+, Theobroma Cacao (Cocoa) Seed Butter+, Caprylic/Capric Triglyceride+, Sorbitan Olivat+, Mg Sulfate+, Mg Stearate+, Calendula Officinalis Extract+, Styrax Benzoin Gum+, Tocopherol (Vitamin E)+, Sorbic Acid+, Food Flavour+, Daucus Carota Sativa (Carrot) Seed Oil+.

**EWG Skin Deep Rating:** Not listed

**Cost:** 12g for \$6.99

**Comments:** Again, a reasonably good ingredients list, with pawpaw high up the list (8.3%). There is flavour, but it's a natural flavour. Not enough of a problem for me to avoid it. I use and like this brand.





# NATRALUS NATURAL PAW PAW OINTMENT



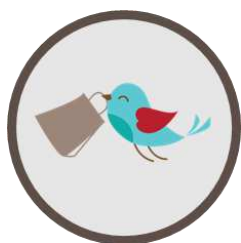
**Ingredients:** Ricinus Communis Seed Oil+, Butyrospermum Parkii\*, Cera Alba +, Carica Papaya Ferment\*, Glycerin+, Cocos Nucifera Oil\*, Myristyl Myristate+, Stearic Acid+, Tribehenin+, Polyglyceryl-3 Diisostearate+, Allantoin+, Olea Europaea Oil+, Theobroma Cacao Seed Butter+, Caprylic, Sorbitan Olivat+, Mg Sulfate+, Mg Stearate+, Calendula Officinalis Extract+, Styra Benzoin Gum+, Tocopherol+, Sorbic Acid+, Food Flavour+, Daucus Carota Sativa Seed Oil+.

**EWG Skin Deep Rating:** Not listed

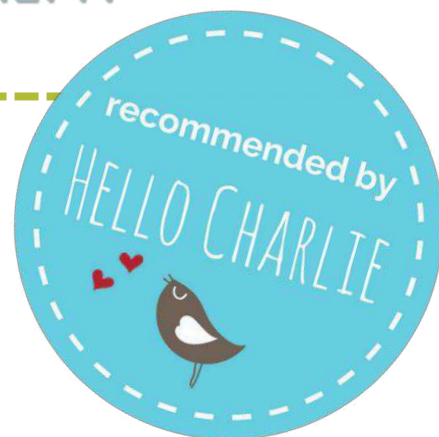
**Cost:** 7g for \$4.55

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**Comments:** Exactly the same ingredients list as the lip balm from this brand. And exactly the same comments from me. It's a good ingredients list. I have used and like this. My dad in particular loves this, and always gets some in his Christmas and birthday packages.



## NATURAL ALTERNATIVE PAW PAW OINTMENT



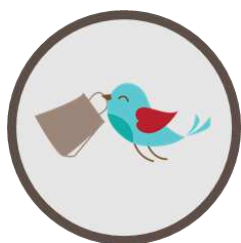
**Ingredients:** Castor (*Ricinus Communis*) Oil\*, Beeswax\*, Coconut (*Cocos Nucifera*) Oil\*, Cocoa (*Theobroma Cacao*) Butter\*, Carica Papaya (*Papaya*) Fruit Extract, Honey\*, Jojoba (*Buxus Chinensis*) Oil\*, Vanilla (*Vanilla Planifolia*) Oil, Carrot (*Daucus Carota Sativa*) Oil, Stevia (*Rebaudiana Bertoni*) Extract, Tocopherol. *\*Certified organic.*

**EWG Skin Deep Rating:** Not listed

**Cost:** 80g for \$13.50

**Comments:** Another great one! Great ingredients and certified organic as well.





## NATURE'S CARE PAW PAW BABY BALM

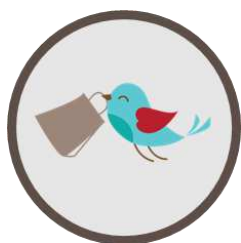


**Ingredients:** Sunflower Oil, Castor Oil, Papaya Seed Oil, Hydrogenated Castor Oil, Cocoa Butter, Shea Butter, Sorbitan Olivates, Beeswax, Silica, Macadamia Oil, Mango Seed Butter, Rice Bran Wax, Jojoba Esters, Natural Paw Paw Flavour.

**EWG Skin Deep Rating:** Not listed

**Cost:** 100g for \$6.99

**Comments:** The ingredients look pretty good, although there is flavour. It's a natural flavour, though, so it's not a huge problem.



## NATURE'S CARE PAW PAW BALM

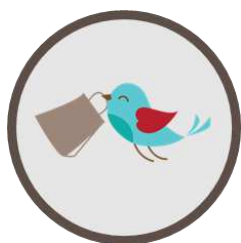


**Ingredients:** Castor Oil, Hydrogenated Castor Oil, Cocoa Butter, Shea Butter, Sorbitan Olivates, Beeswax, Silica, Macadamia Oil, Mango Seed Butter, Rice Bran Wax, Jojoba Esters, Natural Paw Paw Extract (carica papaya), Natural Paw Paw Flavour.

**EWG Skin Deep Rating:** Not listed

**Cost:** 30g for \$4.95

**Comments:** There's not much in the way of pawpaw in this one, but the ingredients are fine. There's natural flavour, again, probably to disguise the fact that the actual pawpaw is so far down the list. More of a balm than a pawpaw balm.



## NATURE'S CARE PAW PAW LIP BALM

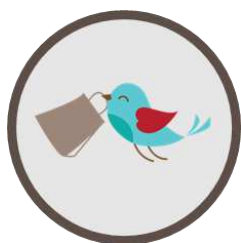


**Ingredients:** Ricinus Communis (Castor) Seed Oil, Hydrogenated Castor Oil, Cocos Nucifera (Coconut) Oil, Theobroma Cacao (Cocoa) Seed Butter, Lauryl Laurate, Mangifera Indica (Mango) Seed Butter, Macadamia Ternifolia Seed Oil, Copernicia Cerifera (Carnauba) Wax, Jojoba Esters, Oryza Sativa (Rice) Bran Wax, Beeswax, Paw Paw extract (Carica Papaya), Natural flavour.

**EWG Skin Deep Rating:** Not listed

**Cost:** 30g for \$5.99

**Comments:** Once again, the pawpaw is a long way down the list – second to last, which means there's almost none. Which is probably why there's pawpaw flavour in there. As a balm, it's fine, but there's not enough pawpaw in this to get much benefit.



## NUDE BY NATURE PAW PAW OINTMENT

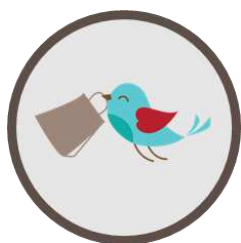


**Ingredients:** Ricinus Communis (Castor) Seed Oil, Hydrogenated Castor Oil, Helianthus Annus (Sunflower) Seed Oil, Glycine Soja (Soybean) Germ Extract, Silica, Zea Mays (Corn) Starch, Carica Papaya (Paw Paw) Fruit Extract, Butyrospermum Parkii (Shea) Butter, Backhousia Citriodora (Lemon Myrtle) Leaf Oil, Tocopheryl Acetate, Santalum Acuminatum (Quandong) Fruit Extract, Citrus Glauca (Australian Desert Lime) Fruit Extract, Terminalia Ferdinandiana (Kakadu Plum) Fruit Extract.

**EWG Skin Deep Rating:** Not listed

**Cost:** 30g for \$5.95

**Comments:** Good ingredients, but the pawpaw is a bit of a way down the list. Otherwise, it looks pretty good. I'd use this.



## ONLY PAPAYA PAW PAW BALM



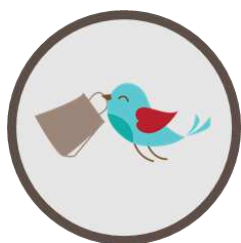
**Ingredients:** Oryza sativa (Rice) Bran Oil, Carica Papaya, Beeswax, Sorbitan Isostearate, Butyrospermum Parkii (Shea Butter), Tocopherol, Caprylyl Glycol, Phenethyl Alcohol, Sodium Borate.

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$5.91

**Comments:** Sodium Borate is the thing that really stands out for me on this – it's not safe for using on infant skin (although the product is not aimed at babies, I do know that many people use pawpaw balm as a nappy balm). The FDA prohibits this for use in food, too, so don't be putting it on your lips. I'd find another product that I could safely use on the whole family.





## ORGANIC ISLAND PAW PAW LIP SALVE

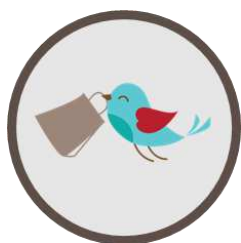


**Ingredients:** NOP Organic Dehydrasome Pumpkin Papaya, Certified Organic Carica Papaya, Papain, Cocoa Butter, Vitamin E, Certified Organic Beeswax, OliveM 1000 Crystal Skin, SiO2 Matrix (certified organic by ACO and BDIH)

**EWG Skin Deep Rating:** Not listed

**Cost:** 25ml for \$9.05

**Comments:** This is a great product – great ingredients and certified organic by both ACO and BDIH. And high in pawpaw, too! Definitely recommended.



## PHARMACY ACTION PAW PAW OINTMENT



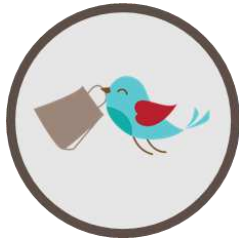
**Ingredients:** Petrolatum, Beeswax, Carica Papaya (Papaya) Fruit Extract, Simmondsia Chinensis (Jojoba) Seed Wax, Butyrospermum Parkii (Shea) Butter, Tocopheryl Acetate, Aloe Barbadensis Leaf Extract, Helianthus Annuus (Sunflower) Seed Oil, Ethyl Vanillin.

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$2.95

**Comments:** With petrolatum as the main ingredient, that's as far as I need to go. I won't use anything with petrochemicals. The other ingredients are fine, but I wouldn't use this because of the petrochemicals.





## PURE BY PHYTOCARE PAPAYA & CELANDULA OINTMENT



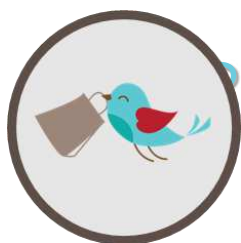
**Ingredients:** Butyrospermum parkii (Shea butter), Macadamia ternifolia oil, Simmondsia chinensis (Jojoba) oil, Carica papaya (Papaya) ferment (60 mg/g), D Alpha Tocopherol (Vitamin E), Tribehenin (derived from Brassica napus), Sorbitan olivate (Olive derived emulsifier), Beeswax, Fragrance (naturally derived), Styrax benzoin resinoid, Calendula officinalis flower extract.

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$6.95

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**Comments:** This looks pretty good. There is fragrance, but as the product is NaTrue certified, I'm happy that it's not a synthetic fragrance. And there's a decent amount of pawpaw, too, at 6%.



## PURE PAW PAW OINTMENT GRAPE

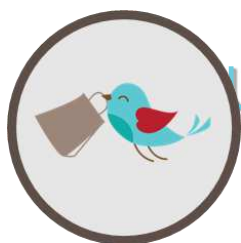


**Ingredients:** Petrolatum, Carica Papaya Extract, Cera Alba, Potassium Sorbate, Sodium Benzoate, Flavour.

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$5.95

**Comments:** Another one based on petrochemicals, which knocks this out for me. The pawpaw is also a little low at 4%, and I also wouldn't choose this based on the added flavour (which is a synthetic flavour).



## PURE PAW PAW OINTMENT – PLAIN

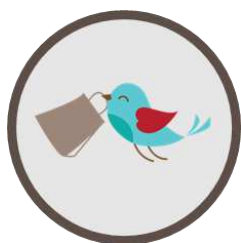


**Ingredients:** Petrolatum, Carica Papaya Extract, Cera Alba, Potassium Sorbate, Sodium Benzoate.

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$4.95

**Comments:** Another petrochemical based product, so even though there's no flavour, another one that I wouldn't use or recommend. And again, just 4% pawpaw.



## SCIENZA COPAW NATURAL RELIEF BALM

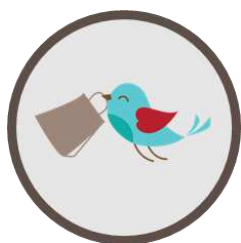


**Ingredients:** Lanolin Cera, Helianthus Annus (sunflower) Oil, Beeswax (Cera Alba), Carica Papaya (Papaya) fresh fermented fruit, Coconut (Cocos Nucifera) Oil, Allantoin, Panthenol, Fragrance

**EWG Skin Deep Rating:** Not listed

**Cost:** 15g for \$8.70

**Comments:** I wouldn't use this because of the fragrance. But it's interesting to see that the main ingredient is lanolin, instead of the usual petrolatum or paraffin. 4% pawpaw in this one, too.



## SUKIN PAW PAW OINTMENT



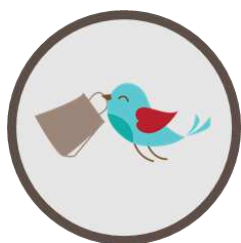
**Ingredients:** Ricinus Communis (Castor) Seed Oil, Hydrogenated Castor Oil, Sorbitan Olivat, Euphorbia Cerifera (Candelilla) Wax, Copernicia Cerifera (Carnauba) Wax, Carica Papaya (Papaya) Fruit Extract (Fermented Paw Paw), Tocopherol (Vitamin E), Water (Aqua), Citric Acid, Sodium Benzoate

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$8.99

**Comments:** Another nice list of ingredients, although the pawpaw is not nearly as far up the ingredients list as their website would have you believe. The website says that the main ingredients are fermented pawpaw and castor seed oil. That's rather misleading when pawpaw is actually the 6th ingredient listed. I asked Sukin what the percentage of pawpaw, but they wouldn't tell me. Still, it's a good product, and it's vegan as well.





## SUVANA PAW PAW LIP BALM



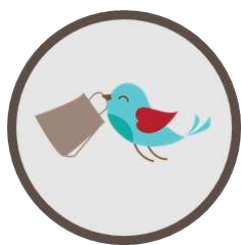
**Ingredients:** Ricinus communis (castor) seed oil, cera alba (beeswax), cocos nucifera (coconut) oil, theobroma cacao (cocoa) butter) cerica papaya (paw paw) extract, mel (honey), buxus chinensis (jojoba) oil, vanilla planifolia (vanilla bean) oil, euphorbia cerfera (candelilla) wax daucus carota sativa (carrot) oil, stevia rebaudiana bertonii extract, tocopherol (natural vitamin E)

**EWG Skin Deep Rating:** Not listed

**Cost:** 25g for \$9.95

**BUY NOW**

**Comments:** Another good ingredients list. The PawPaw is a bit of a way down, but there's nothing problematic with these ingredients. Recommended.



## SUVANA NATURAL PAWPAW & ACAI BALM SPF 20

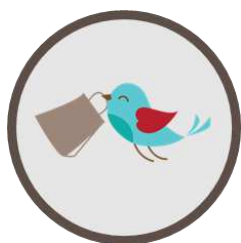


**Ingredients:** Ricinus Communis (Castor) Seed Oil, \*Cera Alba (Beeswax), \*Cocos Nucifera (Coconut) oil, Ethylhexyl Methoxycinnamate (Octinoxate), Benzophenone-3 (Oxybenzone), Theobroma Cacao (Cocoa Butter), \*Carica Papaya (Papaya) Fruit extract, Euterpe Oleracea Fruit Oil, Vanilla Planifolia Fruit Oil, Stevia Rebaudiana Leaf/Stem Extract, Euphorbia Cerifera (Candella) Wax, Tocopherol.

**EWG Skin Deep Rating:** Not listed

**Cost:** 7g for \$5.95

**Comments:** The base ingredients are good, but the sunscreen ingredients are not. Instead of choosing a physical blocker like zinc or titanium dioxide, Suvana has gone with chemical absorbers. Both of these ingredients are suspected of being hormone disruptors. The octocrylene is an irritant, too. So I can't recommend this product with the SPF.



## WOTNOT BABY BALM



**Ingredients:** Aloe Vera Leaf Juice\*, Olive Oil\*, Candelilla Wax\*, Vegetable Glycerine\*, Sorbitan Olivat And Cetearyl Olivat (Vegetable Emulsifiers), Stearic Acid, Carica Papaya (Pawpaw) Extract\*, Linseed Oil\*, Purified Water, Xanthan Gum, Glyceryl Caprylate (Vegetable Emollient), Brown Rice Flour\*, Tocopheryl Acetate (Certified Gmo-Free Vitamin E), Jojoba Seed Oil, Chamomile Oil\*, Tea Tree Oil\*, Comfrey Oil\*, Potassium Sorbate (Food Grade Preservative). \*certified organic ingredients.

**EWG Skin Deep Rating:** Not listed

**Cost:** 100ml for \$16.95

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**Comments:** Good ingredients! The pawpaw is a way down the list, but this isn't advertised as a pawpaw balm. It's a great balm with pawpaw, and I recommend it.

**Disclaimer:**

*I started Hello Charlie because I was concerned about some of the products that I was using on myself and my children. I'm no chemist, I'm just a mum who does plenty of research on products before I use them and before I'll stock them at Hello Charlie.*

*Lots of customers and friends ask me about products that I'd recommend, and what they should be looking for when buying for their own families. These guides are the results of my research and reading.*

*I'd love to hear from you if you've read differently, or have opinions or great products that you'd like to share. Teaching yourself about better choices for our families and our environment is a journey, and I'd love for you to join me on it!*

*If you'd like to share this information with other parents, please feel free to do so. However, please bear in mind the time that it takes for me to do this research, and do the right thing by attributing this article back to me here at Hello Charlie. Thanks!*

Vanessa xx



*Have we missed your favourite pawpaw balm?  
Comments or questions?*

Drop us a line and let us know at [info@hellocharlie.com.au](mailto:info@hellocharlie.com.au)

# FURTHER READING

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## Interested in finding out more?

We've got lots more articles and cheat sheets on the blog.

Other useful articles:

[9 Ways to Use PawPaw Balm For Beauty & Baby](#)

[PawPaw Balm Smackdown](#)

[Where I Go to Research Ingredients and Chemicals](#)

[Quick Guide to Preservatives in Skincare](#)

And don't forget to check out the rest of our Cheat Sheets! You'll find them all [right here on the blog](#).



# THANKS FOR READING!

If you're keen to grab some safer pawpaw balm, why not check out our fantastic range over on Hello Charlie? As a special bonus, we've got 20% off your next pawpaw balm with this code:

PAWPAWCS20

SHOP NOW

20% off our entire range of pawpaw balms when you use this code at checkout. Code is case sensitive so please copy and paste. Code must be applied at checkout, as it can't be applied once you've placed your order. One per customer.

Questions? Email us at [info@hellocharlie.com.au](mailto:info@hellocharlie.com.au)

Or call us on 1300 725 876

