**Myths on Cosmetics Safety**

**http://www.ewg.org/skindeep/myths-on-cosmetics-safety/**

**Myth –**If it’s for sale at a supermarket, drugstore or department store cosmetics counter, it must be safe.

**Fact –**The Food and Drug Administration has no authority to require companies to test cosmetics products for safety. The agency does not review or approve the vast majority of products or ingredients before they go on the market. FDA conducts pre-market reviews only of certain cosmetics color additives and active ingredients that are classified as over-the-counter drugs (FDA 2005, 2010).

**Myth –**The government prohibits the use of all dangerous chemicals in personal care products, and companies wouldn’t risk using them.

**Fact –**With the exception of color additives and a few prohibited substances, cosmetics companies may use any ingredient or raw material in their products without government review or approval (FDA 2005).

**Myth –** Cosmetic ingredients are applied to the skin and rarely get into the body. When they do, the amounts are too low to matter.

**Fact –**People are exposed to cosmetics ingredients in many ways: breathing in sprays and powders, swallowing chemicals on the lips or hands or absorbing them through the skin. Biomonitoring studies have found that cosmetics ingredients – such as phthalate plasticizers, paraben preservatives, etc., are common pollutants in the bodies of men, women and children.

**Myth –**Products made for children or bearing claims like “hypoallergenic” are safer choices.

**Fact –**Most cosmetic marketing claims are unregulated, and companies are rarely, if ever, required to back them up, even for children’s products. The FDA says descriptions such as “hypoallergenic” or “natural” can “mean anything or nothing at all,” and while most of these terms “have considerable market value in promoting cosmetic products to consumers… dermatologists say they have very little medical meaning” (FDA 2000b).

**Myth –**Natural and organic products are always safer.

**Fact –**Products labeled natural or organic often contain synthetic chemicals, and even truly natural or organic ingredients are not necessarily risk-free. Products labeled “organic” or “natural” can contain petrochemicals, and those certified as organic can contain as little as 10 percent organic ingredients by weight or volume (Certech 2008). FDA tried to establish an official definition for the term “natural,” but this initiative was overturned in court (FDA 1998).

**Myth –**Cosmetics safety is a concern for women only.

**Fact –**An EWG 2004 consumer survey showed that while on average women use 12 personal care products daily, men use an average of six a day, exposing themselves to more than 80 unique ingredients.

**List of Harmful Ingredients Found in Most Beauty Products**

|  |  |
| --- | --- |
| **Chemical** | **Usage/Side affects**  |
| Parabens  | * Used as a preservatives
* Not always labeled
* Commonly used in deodorants
* Have been found in breast cancer tumors, may contribute to sterility in males
* Hormone imbalance in females and early puberty
 |
| Benzoyl Peroxide | * Used in acne products
* Possible tumor promoter
* May act as a mutagen
* Produces DNA damage in human cells and toxic when inhaled
* Eye, skin and respiratory irritant
 |
| Diethanolamine (DEA) | * Foam booster
* Skin/eye irritant
* Causes contact dermatitis
* Easily absorbed into the skin and can accumulate in body organs and bran
 |
| Sodium Lauryl Sulfate (SLS) | * Used in car washes, garage floor cleaners, engine degreasers, and 90% of personal-care products that foam
* Eye damage, depression, labored breathing, diarrhea, skin irritant, and death
 |
| Phthalates  | * Found in many products, usually not listed
* Liver/kidney damage, decreased sperm counts, early breast development in girls and boys
 |
| Triclosan | * Synthetic antibacterial ingredient
* EPA registers it as a pesticide
* Classified as a Chlorophenol and causes cancer
 |
| Propylene Glycol (PG) | * Petroleum plastics
* EPA considers PG so toxic it requires gloves, clothing, goggles, and disposal by burying
 |
| **http://www.safecosmetics.org/get-the-facts/chemicals-of-concern/** |

**List of Safe and Natural Ingredients**

|  |  |
| --- | --- |
| **Product**  | **Use** |
| Unrefined Organic Coconut Oil  | * Skin lotion
* Cooking
* Hair serum
* Mouth wash
 |
| Shea or Cocoa Butter  | * Healing wounds
* Preventing stretch marks
* Improving eczema
* Anti-aging
* Natural 5 SPF
* Face cream
* Deodorant
* Diaper cream
 |
| Beeswax | * Thickening agent
* Lip balm
* Foot cream
* Lotion
 |
| Liquid Carrier Oil/ Olive Oil/ Apricot Kernel Oil | * After-shave balms
* Smoother lotions
* Salves
 |
| Arrowroot Powder  | * Deodorant
* Dry Shampoo
* Makeup
 |
| Essential Oils  | * Mood lifting
* Various health benefits such as, antibacterial and skin regeneration
 |
| Dried Herbs  | * Skin recipes
 |
| Zinc Oxide | * Diaper rash
* Sunscreen
 |
| Sugar | * Scrubs
 |
| Baking Soda | * Toothpaste
* Deodorant
 |
| Salt | * Hairspray
* Skin exfoliate
 |
| Coconut Milk  | * Shampoo
 |
| Vitamin E Oil  | * Skin nutrient and antioxidant
 |
| Witch Hazel | * Blemish control/ cleansing
* Moisturizer
* Face spray/ toner
* Shrinks bags under the eyes
* Heal bruises faster
 |
| Rosewater | * Toner
* Makeup remover
* Hair treatment
* Eye brightener
* Aftershave
* Bath additive
* Fragrance
* Air freshener
 |

**Helpful Resources**

**Apps for Smartphone**

* SkinDeep
	+ Scan products in a store to check for harmful chemicals
* Dirty Dozen
	+ Environmental Working Group’s Safe Shopper Guide
* Natural Beauty Tips
	+ Home remedies for all sorts of products

**Products to make**

* http://www.keeperofthehome.org/2010/04/safe-all-natural-beauty-products-you-can-make-at-home.html
* http://www.katebello.com/blog/2014/02/diy-homemade-natural-beauty-products
* http://moneysavingmom.com/2011/12/a-handmade-christmas-homemade-body-scrubs.html
* http://www.gingergarrett.com/downloads/
* http://www.frugalfamilyhome.com/home/diy/diy-honey-lip-balm#\_a5y\_p=4108374
* http://www.thehippyhomemaker.com/whys-hair-detoxing-making-switch-natural-hair-care-routine/

**Informational Videos**

* https://www.youtube.com/watch?v=TeB\_4wRAA9Y
* https://www.youtube.com/watch?v=5QfNrtBFQMg
* https://www.youtube.com/watch?v=Bic7QEVRNe4
* https://www.youtube.com/watch?v=FPkfkE\_1ysk

**Informational Websites**

* http://www.themirroraffects.com/2014/12/go-clean-list-of-safe-and-ethical-beauty.html
* http://thehealthyapple.com/non-toxic-beauty-products-how-to-detox-your-beauty-routine/
* http://blog.freepeople.com/2013/09/staying-natural-10-ingredients-avoid-beauty-products/
* https://drpongo.files.wordpress.com/2012/01/productpalmoillist2012flexweek.pdf
* Environmental Working Company
* file:///Users/kameckeler1/Downloads/The+Coconut+Oil+Handbook.pdf
* http://wellnessmama.com/1409/conventional-beauty-products-substitutes/
* http://www.healthychild.org/4-nontoxic-cleaners-that-should-be-in-every-home/

**Natural Preservatives**

* https://www.fromnaturewithlove.com/library/preservatives.asp
* https://www.fromnaturewithlove.com/library/preservatives.asp

**Places to buy**

* www.Madefromearth.com
* MN Street Market
* Farmers Market
* Good Earth Food Co-op
* Trader Joes
* Whole Foods